You're A Monster

Journey Through Mental Health & Jungian Storytelling

by

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To my hero

"The hero is the one who has the great longing for an understanding soulmate."

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PREFACE

While I previously wrote a different preface (one filled with my sorrows and that which afflicts me), I decided to rid this book of the amateur psychoanalysis of myself. That being said, I would like to say instead...I don't have all my shit together. Fear plagues my existence: I'm still scared of looking at my past; Nightmares and panic attacks are still a reality that I fear; I'm still afraid to talk to my parents about some topics; Fear of rejection from the community haunts me. I'm also not as virtuous as I want to be: I cuss when I don't want to; I'm not brave or impulsive enough; and I lack temperance and discipline. I am selfish, inconsiderate, and I lie. Overall, I'm far from someone I'd want to go get a beer with. Yet, I'm slowly becoming someone I can value, appreciate, and love. I think that counts for something.

For myself, this book feels odd. I don't attach myself to ideologies anymore, including my own (which is this book). I

don't know what's up or down..and that's okay. I don't need to be in control of everything and it's okay if I lack a structured plan for my life and existence itself. It's okay to wander and to be aimless. To me, this book is a representation of fear itself.

What will people think of me when they read how I used to think? You know what? That's okay. I know I'm no longer the same person I was. So, for myself, this book feels odd to read...nah. I think forgiveness is a better option. I owe a little more sorrow to the scared kid behind these pages. My book would never be perfect. Yet, my therapist wisely said, “Aiming for perfection is from a place of fear. What if we aim for excellence?" Yea. screw perfection and fear. I want to chase excellence. I want to live better, be happier, be someone I could go get a beer with.

My priorities are changing and that's okay. I don't need to be a Special Operator, I don't want to condemn myself to loneliness, and I no longer think happiness is overrated. I choose

happiness. Laughin' with friends, breathin good air, slow dancin' with kind faces, and playin' uno wild cards a little more. Finding good friends to build an environment and business with. More pranks, less financial worries. Less time worrying if I look stupid and a whole lot more time being stupid. A whole lot more smilin' required because life is worth smilin' about. After all, "I'm a reverse paranoic...the world is conspiring to make me happy."[1]

INTRODUCTION

[1] The Beach Bum directed by Harmony Korine

Reading this introduction is not necessary for understanding the concepts from the rest of the book, but I do strongly recommend it as it clears up some air before jumping into controversial topics. I may destroy many relationships (which probably weren't worth the time of day if my silly thoughts make these people uncomfortable) and if so, I have no regrets. So, what exactly is this book? This book was a way of me connecting the dots in my own mind. See, I began to have severe anxiety or panic attacks occasionally in the later half of my 4th grade year (not entirely sure which one because I appeared to have symptoms of both). In the 7th grade, I began to lay awake in bed at night with life's biggest questions in my mind weekly which soon became daily. The anxiety began to live in my stomach, and it was difficult to taste something sweet without my body wanting to throw up. I stopped drinking soda and consuming most sweets because I was terrified of getting diabetes. In fact food was very difficult to consume and still is. Exercise made me anxious. Breakfast made me anxious. Leaving

the house made me anxious. Everyone and everything made me anxious. Anxiety ruled my life.

I wanted a way out, so I turned to theology. I wanted to be healed and so I begged God. When my prayers were never answered I turned to philosophy. Surely something could give me the answers. While I have not found a way to get rid of the anxiety feeling, I have found a method that has made me enjoy the anxiety. Along with finding this method. I had many thoughts and advice on life I found to be important and not some intellectual nonsense. What does a good life look like? What makes a great life? Where is happiness found? In my experience of existence, I think order has much to do with these questions. In this book I will focus on the chaos that afflicts the modern human person and how to order that chaos. While doing so I will occasionally use some strong words. However, I find it necessary to use strong words to get some strong ideas across.

INFLUENCES: THINKERS

Something I would like to mention are my influences so if you don't like or agree with them, this will save you time from reading this terrible work. There are too many influences so I will condense it to the main ones. Firstly, S. Thomas Aquinas (paved a way for entering into philosophical language and is a great basis to start), S. Bonaventure (influenced me on light, intellect, ideals, and forms), Dr. John Bergsma (anything Scripture based and in particular research on priesthood), and Karol Wotyla (with his incredible work on theology of the body) influenced my theological and philosophical perspective. Some others that also struck a chord with me were Albert Camus and S. Augustine of Hippo. Psychologically speaking, while I acknowledge Freud to offer much to the subject, I don't think he is very influential on me personally. However, the depth psychologists S. Ignatius of Loyola, Friedrich Nietzsche, Dr. Jordan B. Peterson, and C. G. Jung have all taken possession of part of my thoughts. David Goggins and much of the Special Operations community have also intluenced me as well.

INFLUENCES: ART

Besides intellectual literature, art has greatly influenced my mind and heart. I use art as symbols or reminders. I consider symbols to be important (not because of Jungian influence) but since I was a child, I appreciated minimalism and that which I did own, was significant and reminded me of something important. I won't highlight all the symbols in this work, but there are many. Peterson writes, "Art is the bedrock of culture."[2] Due to the gravity I give art and symbols, I will mention films, songs, and artwork within this work. Some of this art will appear as pictures and others as quotes. One of the few ideas I've stolen from Matthew McConaughey is *bumperstickers*. These are: "lyrics, one-liners, quick hitters, unobtrusive personal preferences that people publicly express. They're cheap and they're fun. They don't have to be politically correct because, well, they're just bumperstickers."[3]

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[2] Peterson, Jordan B. 2021. Beyond Order. New Delhi: Penguin Books. Page 203

[3] McConaughey, Matthew. 2020. Greenlights. New York: Crown. Page 6

It is important to mention that I do not agree with everything that comes out of all these men's mouths, but I do not find it necessary to create a list of what I do or don't agree with them on. It is not my duty to explain everywhere I think they are right or wrong. I really couldn't care less if my thoughts are heretical because I submit my thoughts to the Mind of God. I pray He orders my steps and if I stray that He "take not your holy Spirit from me" (Psalm 51:11).[4] If I lead His flock astray I pray He destroys this work before it can infect the minds of his flock. If you don't like what I have to say or the way 1 say it, then go cry to your mommy. However, it you're open to some thoughts that may not blow the socks off your feet but might be wisdom for the person with humility to accept it, I'm glad you are along for the ride.

INFLUENCES: THE WORD

Finally, the Word and God have influenced me the most. In particular, Hosea, Song of Songs, Genesis, and John have shaken me to the core. In regards to Christian Scripture, the verse I

[4] Any passages from biblical scripture used in this book are from the Revised Standard Version Second Catholic Edition (RSV2CE).

want you to keep in your mind for the entirety of this book is Revelation 21:5-7. It reads:

"And he who sat upon the throne said, 'Behold, I make all things new" and "To the thirsty I will give water without price from the fountain of the water of life. He who conquers shall have this heritage, and I will be his God and he will be my son."

Part of ordering the chaos of one's existence is allowing God to recreate you into whatever He wants. However, changing will be very challenging. But if you merge victorious, you will receive the greatest gift, the intimate embrace and kiss from the Divine Comforter. In creating order in one's life, you will become a son or daughter He is proud of. You will become who you were meant to be. You will become untouchable to the chaos. Being able to thrive in chaos is an insanely great quality. What this means is laughing in the face of pain. It's becoming stone, unmovable to the exterior or interior world. This book seeks to help you become so sure of your identity within the Father, you cannot be moved by chaos. This order will lead to a certain delight which cannot be found anywhere else.

CONCLUSION

I don't mean this book is to be a great work (yet that is a nice thought). Rather, it is a smack in the face, or a wakeup call with citations. Perhaps reading a book which only contained the words "Stop being a bitch" repeatedly would be more helpful than this book. Nevertheless, I am proud of this work. This book is an explanation to myself why I am the way I am. An explanation no one asked for, but a way I can document and understand myself and my philosophy better. For the majority this book will be another dust catcher. For few it will be shaking, and they will be great (I have faith in you few). *However, for one person, I'd like this book to be a love letter. This book is dedicated to you.* [5]

I would also like to give a word of warning. Adversity is something I have greatly experienced which you will also experience if you choose this way of life. The truth is the

[5] A plagiarized version of David Goggins of a quote about Heraclitus, "Heraclitus, a philosopher in the Persian Empire back in the fifth century BC, had it right when he wrote about men on the battlefield. 'Out of every one hundred men, he wrote, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior..." (Goggins, David. 2018. Can't Hurt Me. Lioncrest Publication. Page 13)

majority of people are pathetic bitches. The majority get turned off by a certain language. They want an easy life. They aren't going to take this book seriously. This book isn't for them. I don't care about them, and you shouldn't either. For those who I consider to be my close friends. I will push you out of love because I don't want you to fail. If you keep living the way you do, you will exist in a state of hellish descent. I will continue to try my best to push the real homies closer to their ideal and I hope the real homies push me as well. This book is for you, and you know who you are. You are the ones who will achieve greatness. You may not be famous, but you are different from your peers. You have that spark in you which seeks to be great.

You don't want another self-help book. You want aid in sorting out some questions on the chaos poisoning your mind and your world. You will have to step on the back of God to achieve this order. He must be used as the ladder, the gate, the WAY to your truest self within the Father's Mind.[6] However, as for the rest of you who will continue to be fat, scrawny, afraid, lazy, or

[6] John 14:6

depressed...screw off and give the book away to someone who isn't mediocre like yourself. For those of you who are ready for reordering, let's get to work. There is much to be done.

L'Estasi di Santa Teresa (1647-1652) by Gian Lorenzo Bernini

I

SLEEPING WITH KNIVES IS A BAD IDEA

TELOS

I think the best way to introduce the idea of order is by discussing natural law. Natural Law is simply put, nature's law. See, all things have telos. Telos is the purpose or goal of a thing. I think Jeffrey McDonough writes it best,

"Its central idea is that some things happen, or exist, for the sake of other things, that, for example, children go to zoos in order to see animals. Hippos lie in mud in order to cool themselves. Lions' teeth are for the sake of tearing flesh. It is closely related to a family of further notions including ends, goals, purposes, functions, and final causes. If some things happen or exist for the sake of other things, then the latter may be identified as the ends, goals, purposes, functions, or final causes of the former. Seeing animals is a

goal for children visiting zoos. Tearing flesh is a function of a lion's teeth. The concept of teleology, seemingly clear in itselt, also seems simple to apply. Supposing that hippos lie in mud in order to cool themselves, we find it easy to suppose that the goal of cooling themselves might explain why hippos lie in mud. Why is the hippo lying in mud? To cool itself."[7]

The telos of a knife is to cut, and the telos of a chair is to sit on, etc. When things are following their purpose, they are ordered. However, when they deviate from their purpose, they are disordered. A disordered use of a knife would be using it as a fork (though it certainly looks badass). Perhaps sleeping with an open blade isn't what the blade was meant for. In doing so. you might reap what you sow and the consequences of sleeping with an open blade may not be to your liking. As for a chair, the disordered use would be using it as hurdles (but you should do this because men competitively jumping over things never goes wrong). In all, something disordered is simply something doing

[7] McDonough, Jeffrey K., Introduction: Jeffrey K. McDonough, Teleology: A History, OXFORD PHILOSOPHICAL CONCEPTS SERIES (New York, 2020; online edn, Oxford Academic, 23 July 2020), https://doi.org/10.1093/oso/9780190845711.003.0001, accessed 22 Jan. 2024.

what it was not intended or created to do. However, there is nothing morally wrong with using a chair for hurdles or a knife as a fork. Sure, you could hurt yourself, but this possibility doesn't mean it's intrinsically wrong. Now in this book, I'd like to not discuss the relationship between order and ethics. Perhaps a future work will be written (most likely not), but this work will be solely on ordering one's life.

So, what's the point of ordering anything at all if it's not wrong? Order is important because it brings the world back into its proper function. One must order themselves because if the ego continues to use the persona, the shadow will take over. When the shadow takes over, disorder turns into uncontrollable chaos manifesting itself into the physical realm. We can see this in the psychology of school-shooters. Those who cannot control their emotions bring ruin to the lives of everyone around them, including themselves. Nietzsche famously writes:

“He who fights with monsters should look to it that he himself does not become a monster. And when you gaze long into an abyss the abyss also gazes into you."[8]

The abyss is not good, the abyss is what destroys man. It leads him to suicide. The abyss is the man who is so overweight, his body begins to kill itself. The body begins to self-destruct because it unconsciously knows it is in the abyss or hell, which is the most unpleasant state. Now while you may not understand the vital importance of purpose, your unconscious mind, soul, and body does. However, an important thing to consider (maybe not believe, but certainly worth experiencing for the sake of mental/spiritual exercise). What if everything you believe is bullcrap? What if existentialism is correct? What if you don't have telos...purpose? What are you going to do with your meaningless life now? Well, Goggins answer to this is:

“All I know is this: I am David Fucking Goggins. I exist; therefore, I complete what I start...As long as I'm on planet

[8] Nietzche, Freidrich. 1990. Beyond Good and Evil. England: Penguin Books. Page 146.

Earth, I will not half-ass it. Anywhere I lack, I will improve because I exist and I am willing."[9]

David Goggin touches on something Jordan Peterson believes as well. When you have no purpose, meaning comes from becoming responsible.[10] The way I see it is by taking issues or problems onto oneself, one is forcing that issue to give value to the problem-solver. See, value equals identity. When you have no purpose, you have no identity. However, giving oneself identity as a doer of good (as to evil), this births an existential telos. In the film *Fight Club*, directed by David Fincher, Brad Pitt's character yells to his co star:

"Our fathers were models for God. What does that tell you about God? You have to consider the possibility that God does not like you. He never wanted you! In all probability He hates you! That's not the worst thing that could happen. We don't need Him! Fuck damnation man! Fuck redemption! We are God's unwanted children...so be it!"

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[9] Goggins, David. 2021. Never Finished. Lioncrest Publications. Page 172-173.

[10] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 114.

If we have no purpose, it means we are the abandoned children of God. While I don't think this is true, I think it's important to know what you would do if it was. I would embrace suffering to become great to make God proud. It would be to show God that regardless of the situation I am in, my divine gene as His son (even abandoned) would emerge in every circumstance.

THE SELF

On the Joe Rogan Experience, David Goggins once told a story about what he thinks will happen when he dies.[11] He creates this image for you that he is in this line of people waiting to get into heaven and his turn comes up. He walks up to God and God points to a board which reads: David Goggins, 182 pounds, Navy Seal, Ranger School, Motivational speaker, World Record for pull ups, etc. David responds with, "That's not me, man." God responds with "That was who you were supposed to be." Probably without having read Bonaventure's theory of the divine ideas, David Goggins smacks bullseye into the theory. This theory is

[11] #1212 - David Goggins *The Joe Rogan Experience, 1:28:57-1:31:00

the very reason why one should order their life. “The theory of the divine ideas holds that God has ideas of all the creatures he could create.”[12] Essentially, God has this idea of you in his mind. Since God is a perfect being, this idea must be perfect. However, you're certainly not perfect. In fact, you suck. Yet God, the perfect being, thinks perfectly, and his ideas are perfect. You are a deviation from that idea. He willed you into existence and you deviated from his ideal by original sin and choosing of life disorder. The more you order yourself and allow God to order you, the more you are closer to your ideal. I don't think God genuinely likes many people. I'm sure He loves them, but surely there is partial disappointment in seeing your creation noteven try to be what you made them to be. Personally, if I was God, I'd call quits on a lot of the lost causes we call people. Yet, God is God and thankfully I am not. Frankly, this sloppy pile of horseshit you call your life isn't cutting it. You're not existing like your ideal and you never will. We have so much disorder in this world and being able to order it all in

[12] Ward, Thomas. 2020. Divine Ideas (Cambridge Elements: Elements in Religion and Monotheism). Cambridge: Cambridge University Press. Page 1

this lifetime is impossible. However, this doesn't mean you shouldn't try. You should be trying to get as close as possible to your ideal before death comes and takes you. Nevertheless, the point is, God has an ideal version of you in his mind and you should be trying to be more like that ideal. Jordan Peterson writes:

"Everyone had the sense, I believe, that there is more to them than they have yet allowed to be realized."[13]

An important thing to keep in mind is that one must stay conscious when trying to discover (or rebuild if one has lost it) one's *self* (their potential).[14]

Before we continue, I'd like you to breathe and take a sip or two of water, because campers, we're about to embark on the long joyride through Jungian thought. Carl Jung was a 19th-20th century psychologist who mapped out the psyche in archetypes. The main archetypes we'll focus on are the persona, ego, shadow, animus and anima, and the self.

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[13] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 51.

[14] Goggins, David. 2021. Never Finished. Lioncrest Publications. Page 116.

Firstly, the persona. This is the mask of the human psyche. Carl Jung writes, "This arbitrary segment of collective psyche...I have called the *persona*...It is, as its name implies, only a mask of the collective psyche, a mask that *feigns individuality*, making others and oneself believe that one is individual, whereas one is simply acting a role though which the collective psyche speaks."[15] The ego is "the subject of all personal acts of consciousness."[16] The ego is essentially the guy in charge, it's the part of us that is conscious. The shadow is what Carl Jung describes as "a moral problem that challenges the whole ego-personality, for no one can become conscious of the shadow without considerable moral effort. To become conscious of it involves recognizing the dark aspects of the personality as present and real."[17] The way that the shadow makes its way into this philosophy is that the shadow is chaos. I don't look at the shadow the exact same way Jung does. Rather, the shadow is a

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[15] Jung, C. G. 1959. Two Essays on Analytical Psychology Bollingen Series X. New York: Princeton University Press. Page 157.

[16] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 3.

[17] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 8.

collective destructive power. Not only is the shadow the thing we hate about ourselves, but it is also the state of chaos itself.

Just as we catch glimpses of heaven, we also catch glimpses of hell. This is the shadow. I think the best way to treat the shadow is as another person, not necessarily a part of oneself (regardless of the truth, but perhaps the treatment I suggest should be corrected). In this book, for the sake of personal development, we will treat the shadow as the universal (or collective as Jung would say) darkness and the self as the universal light.

Moving on, the anima (for males) and animus (for females) are the repressed female/male aspects of our psyche. As Carl Jung writes, "The source of projections is no longer the shadow-which is always of the same sex as the subject-but a contrasexual figure."[18] Personally, I don't care if either of these are even real. But they are worth mentioning because they involve mood possession. When one is possessed by a mood (strong feelings

[18] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 10.

controlling the will. The good ones are just as dangerous as the bad ones), one loses their purpose.[19] While this will be discussed later, the premise being presented is that when you allow feelings to dictate your actions, you risk not following your duty (and this is problematic). While I think it is worth mentioning both masculine and feminine aspects exist within both the male and female, we will not be delving too deeply into either of these aspects.

The self is the most important archetype and will be necessary to know for the understanding of this book. Clark E. Mous-takas wrote. "The self is not definable in words."[20] Well...screw that, let's define our terms. Jung looks at the archetype of self through the lenses of wholeness and I think Jung is on the right track. Jung writes of the self as the "imago Dei" (or God Image) or "Christ."[21] Jung writes of Christ as:

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[19] Johnson, Robert A. 1989. He: Understanding Masculine Psychology. New York: Harper & Row, Publishers. Page 35, 37.

[20] Moustakas, Clark E. ed. 1956. The Self: Exploration In Personal Growth. NewYork: Harper & Row, Publishers, Inc. Page 11.

[21] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 37.

"our culture hero, who... embodies the myth of the divine Primordial Man, the mystic Adam" and "Christ exemplifies the archetype of the self. He represents a totality of a divine or heavenly kind, a glorified man, a son of God sine macula peccati, unspotted by sin" and "Christ... is the true image of God, after whose likeness our inner man is made, invisible, incorporeal, incorrupt, and immortal.[22]

What Jung wrote is oddly treading on truth. Now while I do agree Christ is the best symbol of the self, Jung is mistaken to stop there. Firstly, Christ is not a representation of the divine/glorified man. He is truly the divine/glorified man, or in another sense, He is the divine, momentarily de-glorifiedby taking upon the divine nature the nature of man. By this action he brings the de-glorified nature of man into glory of the divine, recreating the nature. With this knowledge of Christ in relation to the self, let's make two claims. The first claim is that the perfect thought God has of you in His mind (which was mentioned a couple paragraphs earlier) is the self. This Mr.

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[22] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 36-38.

Moustakas is what the self is. The self is the perfect personal archetype and thought God has of us. It is our own personal archetype.

St. Sebastian (1615) by Guido Reni

II

WET DREAMS

THE SEARCH FOR PEACE

Now you may be asking why such an odd (or scandalous if you're easily offended) name for this chapter. The origin of this is found in a section of Matthew McConaughey's book Greenlights. He writes about having a nightmare of him floating down the Amazon River with African tribesmen staring at him, but it was a wet dream.[23] In the dream he found peace, so he proceeds to chase after it:

"I crammed my backpack with minimal clothing, my journal, camera, medical kit, a hit of Ecstasy, and my favorite headband, then embarked on a twenty-two-day solo trip to Peru to find, and float, the Amazon River."[24]

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[23] McConaughey, Matthew. Greenlights. New York: Crown. Page 154
[24] McConaughey, Matthew. Greenlights. New York: Crown. Page 155

After describing the first part of his South American adventure, He continues:

"In my tent, grappling with my demons, I couldn't sleep, so I quit trying to. Instead, I stripped off my clothes, along with every badge, banner, expectation, and affiliation I had on me.... even punched myself in the face a couple of times for good measure. Who was I? Not only on this trip but in this life. Nom naked and stripped down to nothing, I was only a child of God and nothing more. Soaked in cold sweat, I vomited until there was no bile left in my belly, then passed out from exhaustion."[25]

McConaughey then wakes up in the morning, "fresh and energized." He then writes "I raised my chin to the sky and said a quiet thank you."[26] The whole purpose of this story is peace. See, McConaughey goes to South America because he wanted that peace he experienced in the dream. Appearing naked before his Creator, he finds peace in being "a child of God."[27]

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[25] McConaughey, Matthew. Greenlights. New York: Crown. Page 156
[26] McConaughey, Matthew. Greenlights. New York: Crown. Page 157
[27] McConaughey, Matthew. Greenlights. New York: Crown. Page 156

This is why I've named this chapter Wet Dreams, because in searching for peace, we eventually find ourselves in our pure created state as simply a child of God. Ultimately the lack of peace comes from not knowing who we are and not being who we were meant to be.

THE ÜBERMENSCH

In searching for peace, trying to understand who we are, and who God is we must examine the self. When examining our *self*, we need to ask ourselves the question "What does my ideal/perfect *self* look like?" Jung writes, "Is the self a symbol of Christ, or is Christ a symbol of the self?"[28] l'd like to make the claim that for the Church, Christ is really this ideal within God's mind. For the Christian, the self ought to be a symbol of Christ. See, what was that question which plagued 90s Sunday school and early 2000s Christian children? What would Jesus do (or WWJD)? If the goal for Christians is to imitate Christ the closest we possibly can, then Christ must be this ideal we ought to follow by and seek. He must be the ruler and

[28] Jung, C. G. 1970. Aion (Bollingen Series XX). Princeton: Princeton University Press. Page 68

measurement of human behavior. If Christ is how we ought to act, wouldn't the perfect thought of us within God's mind be Christ? I believe the answer to this question to be yes.

The scene found within a television show called *The Young Pope* by Paolo Sorrentino. In the scene, the protagonist Pius XIII is having a meeting with the head of marketing for the Vatican. She is explaining how a 5€ plate could have a hand painted portrait of Pius XIII and then sold for 45€. Pius XIlI gets up from his desk and retrieves a blank plate.

He then says, "This is the sort of merchandise I'm prepared to authorize." His marketing director then responds with "But it doesn't have your image on it." Pius XIII quickly explains:

"I do not have an image, my good lady, because I am no one. You understand? No one. Only Christ exists - Only Christ. And I am not worth 45€ or even 5€. I am worth nothing."[29]

While this impressively well-done show does wade through heretical waters frequently, it does present truths and good ideas (worth chewing on) beautifully. The truth is that we don't have a true self outside of Christ. Our ideal is Christ.

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[29] The Young Pope, Season 1, Episode 2

However, Christ being an infinite being, we all have our unique personalities and gifts glorified and idealized in Him. *Only Christ exists* should be what ruminates through our minds constantly. We must look to Him as our example of how to achieve our ideal. Christ is exactly what God has in His mind of Himself, but we are not. By acting like God, one will become more and more like their ideal because God is the ideal. This is what heaven is. It is creation returning to the mind it came from. It is creation returning to perfection. This is what the self is. One's unachievable but truest and most ideal self, whom you were meant to be.

Nietzsche writes of what is called the Superman. He sees the Superman like how Jung sees the self, this wholeness of man.

Nietzsche writes:

"I teach you the Superman. Man is something that is to be surpassed...What is the ape to man? A laughing-stock, a thing of shame. And just the same shall man be to the Superman: a laughing-stock, a thing of shame. Ye have made your way from the worm to man, and much within you is still worm...The Superman is

the meaning of the earth...Man is a rope stretched between the animal and the Superman-a rope over an abyss. A dangerous crossing, a dangerous wayfaring, a dangerous looking-back, a dangerous trembling and halting."[30]

If the Superman was man's potential (like the Jungian notion of wholeness and the self) then I see no reason to not identify God (or Christ) as the Übermensch (Superman). The Superman is on the other side of the abyss. However, man needs a bridge in order to get to the other side where his ideal is. Not only is God our ideal on the other side of the bridge, but also the bridge to the ideal. God is the gate.[31] He is the ladder and the footstool.[32] This truth makes many uncomfortable, because it sounds like disrespecting God. However, this is the truth. Christ became filth itself, in order to free us from filth. Like in the movie *Silence* directed by Martin Scorsese, we must step on Christ to achieve our ideal. He is the only Way.[33] However, Satan

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[30] Nietzsche, Friedrich. 1911. Thus Spake Zarathustra. Trans: Thomas Common. New York: The Macmillan Company. Page 6-9 (3,4)

[31] John 10:9

[32] Brown, Stephen F. Ed. The Journey of the Mind to God. 1993. Indianapolis: Hackett Publishing Company. Page 23.

[33] John 14:6

is not the creative type (for the non-Christian: chaos). He is the famous plagiarizer as mentioned earlier. All he can do is distort what is good, true, and beautiful. Just as Christ is the bridge across the chaotic abyss towards our ideal, Satan makes himself the fun slide into hellish descent. This is what I will mean when I write, "this is the mission of the serpent." The serpent seeks to bring chaos into the life of God's most beautiful creation, woman.

God Shouldn't Be The Last Option

In choosing to believe I am not completely alone; I think many of us can relate to the phenomenal movie *Silence* directed by Martin Scorsese. The movie follows a Jesuit priest by the name of Padre Sebastião and his companion Padre Francisco (incredibly played by Andrew Garfield and Adam Driver).

When receiving news that their mentor has apostatized in Japan, the two priests set out for Japan in disbelief. Along the way,they meet their guide Kichijiro, a sad sack of an apostate. They make their way through Japan ministering to many persecuted Catholics thirsty for the Sacraments. Eventually, the two

priests split up and both are individually captured. Padre Francisco dies trying to save Christians being martyred by the Japanese empire. However, Padre Sebastião faces a far more challenging fate. Japan had learned a method to break the Jesuit priests sent there. Many of the priests would refuse to apostatize and be more than willing to undergo martyrdom with joy to meet their Lord. However, would they refuse apostasy when others were martyred? In the film, Padre Sebastião was forced to watch Japanese Catholics die slow and extremely painful deaths. The Japanese empire makes it clear that all he must do to stop the torture of his flock would be to step on an icon of Christ. Upon hearing what his choices are, Padre Sebastião, with tear filled eyes, looks upon the icon of Christ lying on the ground. The noise of crickets and tortured filled moans slowly dies out and all there is, is silence. Christ then speaks to Padre Sebastião for the first time:

"Come ahead now. It's alright. Step on me. I understand your pain. I was born into this world to share man's pain. I

carried this cross for your pain. Your life is with me now. Step"

Padre Sebastião in agony steps on the icon and immediately collapses to the ground to lay next to the icon he's clinging to. The Catholics are spared and in the background a cock crows three times. Padre Sebastião, though filled with great despair, still secretly performs the Sacraments and still prays, but in the silence of mental prayer: With a heavy heart, he says to Christ, "Lord I fought against your silence." Christ responses, "I suffered beside you. I was never silent." Padre Sebastião then shakily says:

“I know, but even if God had been silent my whole life, to this very day, everything I do, everything I've done, speaks of Him. It was in the silence that I heard Your voice."

This is where the title of the film gives a clue to the short remainder of the film. For the remainder of his life, the faith of Padre Sebastião is lived out in silence. Even though the physical isolation he is going through is very apparent, in the silence, his empty and desolating eyes still look toward the

Lord. For many, Silence was seen as problematic or heretical. I think anyone who lingers on the film being heresy and cannot see past it, looking at the beauty of silent dialogue with Christ, is at a loss. have yet to see another film that portrays the authentic beauty yet the painfulness of mental prayer.

While much of my attention (especially regarding knowledge) in life has been directed to God, I think due to my spiritual state, I am in no place to say what the ordered spiritual state is. I do have conviction of His existence, but also a deep longing for His attention. That being said, I've never "experienced God" (at least not in my conscious recollection). This has sent me into places of resentment and hatred of God before. Regardless of what happens, to maintain peace, a love for the divine must be maintained.

All I am left with is the disposition of Maximus from Gladiator directed by Ridley Scott. In the film, Maximus goes through a painful existence but keeps a love for the divine. He keeps calling God (Perhaps Jupiter, the king of the Roman gods) “Father” and continues to pray to Him. I think this is what I've

accepted my life will always be. He will always be silent, and I will continue to be far from the one I love for "true silence is the speech of lovers. For only love knows its beauty,completeness, and utter joy."[34] Maximus says the piercing line "What we do in life, echoes in eternity." Like Maximus, I still recognize God as personal and looking after me but not one who intervenes. I don't think this is necessarily deism as I believe God watches over me in love, care, and concern. However, He will never intervene in my life, choosing to have me make choices and accept the consequences that follow. I can resent and reject Him, turning my life into an early admission into hellish descent. I can also choose to live a virtuous and excellent life, becoming what He created me to be. In doing so, *my life will speak of Him*, glorifying Him.

I would recommend some books, all of which were recommended to me.

1. Interior Freedom by Jacques Philippe
2. Time for God by Jacques Philippe

[34] Doherty, Catherine. 2000. Poustinia: Encountering God in Silence, Solitude and Prayer. Combermere: Madonna House Publications. Page 5.

3. Prayer Primer by Thomas Dubay

4. Fire Within by Thomas Dubay

5. The Way of Perfection by Teresa of Avila

6. The Interior Castle by Teresa of Avila

We must remember who we are. Our identity is rooted in the Father. Just as Jacob wrestled with God, never stop wrestling with God.[35] Allow Him to strike your hip and change you. Through this divine wrestling match, you will change. That is a promise. Your name will change, and you will be recreated into something He desires you to be. However, heed the warning. True relationship with God means true suffering. This suffering is the limp of the hip. You will be damaged for the entirety of your life, unfulfilled if you will. The ache in your heart will always remind you of the divine. I would like to end this section with a poem I wrote that may be worth reflecting on. I am fully aware it is no Eliot or Whitman, but in many senses, it is all I have:

I want to love you while I sleep

I want to fantasize about you

[35] Genesis 32-33

Salivate by the mere thought of your Word upon my lips

I want to be physically restless for you

I want feel as if my chest needs to be torn open so that you may reach in and pick up my heart which leaks tears of love

Mistakes made but erased by your forgiving breath upon my neck

You have whispered intimate sweet everythings in my ear

You have kissed me early in the morning

While I fall to rest from my drunk spirit of failed fidelity watching over me

Still

Waiting for me

To rise and embrace your bosom

As tears gently fall on your beating breast

I want to love you while I sleep

OATMEAL

In Bo Burnham's (a comedic singer) song, Look Who's Inside Again, he sings:

"When you're a kid stuck in your room, you'll do any old shitto get out of it. Try making faces. Try telling jokes, making little sounds."

I think many of us are children stuck in our rooms mentally. See, most of us never took the time to be in silence, embracing who we truly are. We distract ourselves and wait for the world to impress its identity upon us, rather than impressing our legacy on it. A young man whom I had the pleasure of knowing in my childhood (who later passed away) wrote, "If you are holy, you will change the world. If not, the world will change vou"[36] The notion I am trying to get across is the importance of silence and stillness. You must take time to breathe and not take in all the crap the world is shoving down your throat. Robert Johnson writes, "Almost every person is overwhelmed by the too-muchness of modern life, even on a day-to-day basis."[37] You need not just a break (leaving with the

[36] Freeman, Anthony. 2018. One Step Closer. Lexington: Publisher? Page 37.

[37] Johnson, Robert A. She: Understanding Feminine Psychology. Berkeley: Mills House. Page 64.

intention of returning) from this chaos, but a break (destroying the relationship) from the chaos.

While a developed romantic relationship can be compared to oatmeal, I think our whole existence should reflect oatmeal.[38] We need to let go of all the sugar, fruit, and extra toppings we put in the oatmeal to make it taste better. While those toppings are enjoyable (and to be enjoyed), we've abused them as a society. We are in a state of refusing to eat oatmeal unless it contains 200% of our daily intake of sugar. This is the life we live. One full of constant stimulation and lack of peace. While the combination is good, we are in a state that needs to learn to enjoy oatmeal and fruit separately. The appreciation of the individual masterpieces will lead to a greater appreciation of the art gallery.[39] Learn to enjoy the oatmeal's texture and flavor.

Ther's much more to it than you may have thought.

In search of this interior stillness and peace, I have some suggestions. What if you deleted social media? What's the worst

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[38] Johnson, Robert A. She: Understanding Feminine Psychology. Berkeley: Mills House. Page 64.

[39] Peterson, Jordan. Beyond Order. New Delhi: Penguin Books. Page 211.

that would happen? Social media suicide isn't so bad. You don't need to know what's happening in hundreds of others' lives. In fact, I'd place some Benjamins on the fact you don't feel entirely proud of yourself when you're on social media. Does *insatiable you need the world in your hands?*[40] What's the best thing that could occur if you deleted all your social media? At the very least, you would certainly have more time to become something better. What if you replaced the 20 minutes (which you probably spend more time than that) you spend on Instagram or Snapchat with a 20 minute walk?[41] What if on this 20 minute walk you "pay attention to everything around you as you walk, from the feeling and sound of your feet touching the ground to the sights, smells, and sounds coming from around you."[42] Dr. Gregory Bottaro encourages to "explore different ways of being present in this way while you walk."[43] Would deleting social media make

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[40] A call out to Bo Burnham's song Welcome to the Internet. Perhaps worth the listen and worth a laugh :)

[41] GBRS Group encourages its community to take a 20-minute walk in gratitude. YouTube: How Tier 1 SMU Operators train | GBRS Group (6:25-7:05).

[42] Bottaro Gregory. 2018. The Mindful Catholic: Finding God One Moment at a Time. North Palm Beach: Wellspring. Page 62.

[43] Bottaro Gregory. 2018. The Mindful Catholic: Finding God One Moment at a Time. North Palm Beach: Wellspring. Page 62.

you a more integrated person, stable in oneself (one's self), and therefore, capable of thriving in the face of dragons?[44] Would greater consciousness, self awareness, and a more mindful[45] life be so destructive? If so, perhaps it's hopeful to know "destruction always breeds creation."[46] Something to also consider is why does everything need to be pleasurable (a question I asked myself after reading a specific page of *Never Finished*)?[47] These are questions that you ought to answer as truthfully as you can. A quick thing to note is that ridding oneself of social media to detox can be very helpful but the longevity or permanency of this depends on the individual.

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[44] Peterson, Jordan. Beyond Order. New Delhi: Penguin Books. Page 182-183

[45] Bottaro writes, "Some meditation practices lead you to try to empty your mind of all thought" and "mindfulness is the exact opposite of this kind of practice! It is the effort to fill the mind with all that is around it. Mindfulness is waking up to reality, to the sights, sounds, tastes, feelings, smells, and thoughts that are happening in each moment. We seek to fill our minds with these realities during mindfulness exercise, not empty them of anything."

-Bottaro, Gregory. 2018. The Mindful Catholic: Finding God One Moment at a Time. North Palm Beach: Wellspring. Page 177-178.

[46] Goggins, David. 2022. Never Finished. Lioncrest Publishing. Page 120.

[47] Goggins, David. 2022. Never Finished. Lioncrest Publishing. Page 120.

What if you not only rid yourself of social media, but got rid of half the stuff you have? Robert Johnson describes the state of our existence perfectly:

"What American garage is not piled high with things that a man bought hoping they would bring him a sense of meaning only to be discarded when they failed to bring whatever he longed for? Material things are valid in their own right and bring high value when related to properly; but when one asks them to carry an inner value they fail miserably. The one exception to this law is when some physical object carries an inner value that is meaningful as a symbol or in ceremony."[48]

If you have this book, you certainly have plenty you don't need. If you have things you don't need, you surely also have things that aren't seeking your best good. S. Francis writes, "don't go throughout the world seeking filthy gain."[49] So why do you care so much about clothing, phones, or cars? Is not one car enough or even necessary? Isn't one or two dresses enough? I

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[48] Johnson, Robert A. 1989. He: Understanding Masculine Psychology. New York: Harper & Row, Publishers. Page 36

[49] Sweeney, John M. 2013. Franics of Assisi in His Own Words: The Essential Writings. Brewster: Paraclete Press. Page 30

think if everything you own could fit in a duffle bag, you might find peace unlike any other. Rust Cohle (incredibly played by Matthew McConaughey) exemplifies this perfectly.[50]

Detachment from material gain and the way of life society has placed on you is essential to finding peace.[51] Thomas Moore writes:

"Common ownership fosters an attitude that moves away from passing personal desires, while preserving the deeper, grander wish to live a life in tune with one's values and philosophy."[52]

Perhaps letting go of what is not essential will create a spring of gratitude in your soul. I like the way Robert Johnson phrases it: "If you can not be happy at the prospect of lunch it is not likely you will be happy over anything."[53]

However, it is worth articulating letting go of resentment just as much as letting go of material things. Feelings are

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[50] There is an image I adore of Rust Cohle smoking a cig under a crucifix on a mattress on the floor. You can find this image in a simple Google search, but the show (True Detective Season 1) is worth watching.

[51] Fry, Timothy. 1998. The Rule of St. Benedict. New York: Vintage Spiritual Classics. Page xvi-xvii.

[52] Fry, Timothy. 1998. The Rule of St. Benedict. New York: Vintage Spiritual Classics. Page xviii-xix

[53] Johnson, Robert A. 1989. He: Understanding Masculine Psychology. New York: Harper & Row, Publishers. Page 40.

exactly that, just feelings. While they play a role in our existence, they aren't nearly as important as doing what you ought to. Letting go of negativity you've got cooped up inside is essential for practicing the virtue of simplicity. In *Can't Hurt Me*, David Goggins writes that when he finally let go of the resentment he built up, he "found peace."[54] Maybe, just maybe, you'll receive peace from practicing the virtue of simplicity. Echoing the words of Christ, sell all that you own and pursue God in the desert of your soul. Find the monastery in your soul. [55] Retreat there often and gain some wisdom. This is done by an examination of conscience (or better yet, an examination of both the conscious and unconscious). In this desert you'll find the Infinite Oceans of Oceans welling up. What's your wet dream? Where do you need to go, what questions do you need to ask, and what changes do you need to make to find peace?

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[54] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 343-344.

[55] Johnson, Robert A. 1989. He: Understanding Masculine Psychology. New York: Harper & Row, Publishers. Page 74-76.

Achilles wounded (1789) by Jean Baptiste Giraud

III

THE ART OF TREADING WATER

"Though an army should set itself in array against me, my heart shall not be afraid."[56]

UNTAMED BEASTS DO NOT BELONG IN SOCIETY

When I was a child (about the age of 5) I had a small plug night light which shed a little green light. One night, I looked at the light and saw it as a weakness. I walked over to the night light, threw it away, and turned off my lights while walking very slowly to bed. I remember to make sure I felt the darkness around me and when I had made it to bed, I lost all fear of darkness (but not what lives in the darkness). Exterior monsters do inhabit the dark, however so do the interior ones.

[56] Gregg, Robert C. Trans. 1980. Athanasius: The Life of Antony and the Letter to Marcellinus. Mahwah: Paulist Press. Page 38.

While many fear the dark, they should fear what inhabits the interior dark.

Now to understand this darkness and disorder, we must firstly take time to gaze upon the abyss. Nietzsche wrote "He who fights with monsters should look to it that he himself does not become a monster. And when you gaze long into an abyss the abyss also gazes into you."[57] To fully understand this abyss, I'd like to take you back to September 26, 2018. The reason I had turned to theology and philosophy was because my confessor/spiritual Father invited me to a talk being given by Dr. Christopher West at Prince of Peace Catholic Church. The presentation shook me to my core and the world which appeared so unstable...seemed a little more stable and less mysterious. The world made sense again. What Dr. West touched on that night was the infinite and desire. He essentially gave the introduction to his books Fill These Hearts and *Theology of the Body for Beginners*. Dr. West writes that we are created from and for *the*

[57] Nietzche, Fredrich. 1990. Beyond Good and Evil. England: Penguin Books. 146.

Infinite.[58] As all artists do, the Infinite left His signature written in our hearts. This signature is the infinite void or abyss. The infinite or abyss within our souls is meant to be filled with the infinite being of love.[59] However, if it is filled with fear, trauma, depression, drug-use, sexual immorality, and a constant search for the next hit of dopamine, then it will feed into our shadow.

In attempts to fill this emptiness, humans do generally turn to pleasure. When this dumping of dopamine (which may not necessarily be a pleasure chemical as much as a motivator)ceases to fill the infinite hole, distraction is the next coping mechanism. For many this is social media, music, video game movies, etc. However, this isn't to say some don't get creative with their distractions. Instead of technology, some people use people, interaction, or even experiences. However, once one has grown tired (and eventually they will be) of seeking meaningless

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[58] West, Christopher: 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 11

[59] West, Christopher: 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 11

chemical releases in their brain, West's third option awaits.[60] This third option is to look at the cavern of the soul for what it is, an endless cavern.[61] It’s learning to understand oneself and learning to let this abyss be filled with love of God. This abyss was designed to be filled with the love of God. It wasn't designed to be this dry weary wasteland, but a violently controlled ocean (as insinuated in the previous chapter).

We know what fulfills this abyss (God), but what is the abyss? The abyss is good (though many treat it as dangerously bad) and stays consistent. We are the ones who presume the abyss to be bad, because it's demanding. Our perception of the abyss greatly depends on how we approach the abyss. The abyss is the shadow of man. It's the dangerous part of Him (it's dangerous because it's undiscovered). The shadow is this part of man that has been neglected over the years due to the uncomfortable truth man just doesn't like himself. The abyss forces man to look at himself. In the abyss, man finds himself utterly alone no matter

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[60] West, Christopher: 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 32

[61] West, Christopher: 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 34

what he takes in there with him. The shadow is created when man takes more and more into his abyss instead of what the abyss is ordered to be filled by.

While some present the shadow in many ways, I am convinced the shadow is not only where man finds his greatest enemy (himself, but also the Antichrist. Jung writes:

"Christ has a number of symbols or 'allegories' in common with the devil. Of these I would mention the lion, snake (coluber, viper), bird (devil = nocturna avis), raven (Christ = nycticorax, 'night-heron), eagle, and fish."[62]

Now before you pull your pants down, start pissing everywhere, and throw a tantrum, I think it's necessary to state that all evil replicates that which is good. That fall night during Dr. West's talk, one of the first things he mentioned was that "The devil is a plagiarist." He seeks to be God, but not conform to the idea God had of him. Rather, he seeks to be the head honcho and not accept his rightful place.

Jung also writes:

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[62] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 72

“The Antichrist develops in legend as a perverse imitator of Christ's life...who follows in Christ's footsteps like a shadow following the body."[63]

In other words, in the duality of being, the Antichrist is the alternative to good. The archetype of Antichrist is not an archetype at all, but rather the lack of archetype. See, Jung found an annoyance with the idea of *privatio boni* but *privatio boni* fits within our philosophy.[64] I will give into Jung's thirst for dualism, but it is not exactly yin yang. Within the cosmos, there is being and non-being. There is good and lack of good. Christ's (God's) foe is in fact the Antichrist or the spirit of Satan. However, it is because existing things are offered two choices, either God or not-God. If God is Being itself, choosing evil is choosing non-being. While Christ is the self, what is the ignored shadow? Hell. The shadow is the part of us that keeps us back from our full/truest/most whole self. It keeps us from this potential by nonbeing. Perhaps that is why it's called

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[63] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 42

[64] Jung, C. G. 1959. Aion (Bollingen Series XX). New York: Princeton University Press. Page 54

the shadow. Shadows aren't real, but just the absence of light. The shadow is the darkest version of man. If this shadow goes undiscovered, man will never know himself fully.

A great example of the shadow is Syndrome from the Pixar movie, *The Incredibles*. Syndrome once loved the Incredibles because in his innocence he wanted to be a hero just like them and he tried to vulnerably be himself (a creative young boy with a talent in tech). Rookie mistake Syndrome. The world isn't very fond of innocence and does anything but fancy the real you (or creativity in general[65]). Due to this resentment towards the Incredibles, he becomes a super villain seeking to murder who was once his childhood hero. Like Syndrome, there were parts of us that were denied or rejected. A past spiritual director, when explaining how the devil uses people, told me a story of when he was a young boy. He was singing throughout the house and his father had made fun of him, telling him he sang like a girl. This caused great hesitation from that day on and he lived with

[65] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 224.

a self-consciousness of how his voice sounded. These are the parts of us we become ashamed about and hide from the world.

The greatest fear of man takes over in these moments:"What if they don't love me?" These parts of us we hide are hidden in the shadow. The parts of us that need to get out, sit and fester, turning into the parts we don't like. Eventually if the shadow is never acknowledged, it will make its presence known, either by harming oneself or others. Ignoring one's shadow leads to the impulsive projection of its pain onto society. This is the moment where Nietzsche is greatly mistaken. The greater danger is not the risk of becoming a monster in an attempt to fight one. Rather, the danger is in risking becoming a monster because you neglected to fight them.

In his book, *Fill These Hearts*, Dr. Christopher West describes a statue within the Vatican of a woman guiding with her hand the horn of a restless and powerful unicorn.[66] On the other hand she is holding a delicate rose.[67] This statue is

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[66] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 129.

[67] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 129.

called Chastity.[68] The point of this statue is to describe why we need chastity.[69] While the unicorn represents man's chaotic desire for the woman, the rose represents the beauty and grace of the woman.[70] Without Chastity guiding the unicorn, he would trample the rose in the pursuit to acquire it.[71] While this statue can tell us the story of how to approach our desires, it also tells us the narrative of the shadow. If our shadow is not brought under the rule of order, it will cause chaos upon the beauty of our lives and the world. A peaceful and good society cannot function with people tyrannizing beauty. Examples of this are Hitler's Nazi Germany or the Soviet Union. When society permits the destruction of beauty, society itself will be destroyed. While these are real examples of chaos, they are the chaos itself. Order seeks growth and fulfillment while chaos seeks self-destruction.

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[68] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 129.

[69] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 130-131.

[70] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 130-131.

[71] West, Christopher. 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Random House, Inc. Page 132-133.

The shadow is often represented as a dragon, and this is because of the imagery of what the shadow protects. See, dragons are always protecting something (usually gold or an archetypically feminine symbol - like the statue of Chastity).

For the psyche, the gold or woman represents consciousness or the integrated self. Learning to fight the dragon is essentialto higher consciousness (because higher consciousness demands suffering and nature does not bless or bestow grace) otherwise the "predators devour, dragons lay waste, chaos destroys.[72] Something to consider is that these dragons, no matter the size (and most often, the small dragons mature into larger dragons), hide in caves, castles, or at the bottom of towers.[73] Encountering these dragons will take a certain amount of disagreeableness and grit. However, if you choose to not encounter the great beast asserting its dominance of the unexplored castle, it will continue to rule the kingdom. Do not

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[72] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 82.

[73] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 91.

neglect fighting the beast inside, they will grow and eventually rule the kingdom.

You must choose a side. Will you choose to permit dragons to dwell in your castle or will you rid the kingdom of the destructive chaos? Be honest with yourself, acknowledge the darkness and evil you are capable of and have committed.[74] This confession is the start to change.

MODERATION IS FOR COWARDS

Recognizing the destruction you're capable of and the darkness within you is not enough. One's motives for ordering their life must be ordered. You must desire to be great! This cannot be confused for pride because pride will lead to your downfall. Pride is seeing oneself as God, while seeking greatness is allowing God to turn you into God. If one does not differentiate the two dispositions, they may become a hero instead of a warrior. Jung writes "The hero's main feat is to overcome the monster of darkness."[75] It is certainly worth

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[74] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 262

[75] Jung, C. G. 1959. The Archetypes and the Collective Unconscious (Bollingen Series XX). New York: Princeton University Press. Page 167.

explaining that the hero archetype is not necessarily a bad archetype. The only "bad" archetypes are the ones of the shadow. For example, the shadow of the hero would be the coward or bully?[76] The coward:

"shows an extreme reluctance to stand up for himself inphysical confrontations. He will usually run away from a fight, perhaps excusing himself by claiming that it is more manly to walk away. But he will feel wretched in spite of his excuse.[77]

The coward also shows an extreme sense of agreeableness and "will feel invaded and run-over, like a doormat."[78] However, humans are not to behave or shrink like prey, but to rescue the spirit of the warriors who pre-existed them (and those who will proceed them: the future self).[79] The bully is "a loner...who

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[76] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Dan Francisco: HarperSanFrancisco. Page 18.

[77] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Dan Francisco: HarperSanFrancisco. Page 39-40.

[78] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Dan Francisco: HarperSanFrancisco. Page 40.

[79] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 124-125.

takes unnecessary risks...thinking he is invulnerable."[80] The bully, following the evolution of the warrior, is the coward growing some cojones. Like the bully, the hero does what he does for attention, but differs in terms of what he destroys. While the bully destroys what is good to get attention, the hero destroys what is bad to get attention.

You are not aligned to yourself and the more you let the shadow take over, you will soon become the opposite to the great warrior you were meant to be. This opposite of the warrior is the sadist and masochist.[81] Both the sadist and masochist are extremely destructive to man and society. The masochist, like a mature bully, seeks to bring greater destruction through his dominance upon society. The sadist, like a graduated coward, now finds disordered enjoyment in being a coward and a doormat. The two extremes of the warrior live in chaos because they have

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[80] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Dan Francisco: HarperSanFrancisco. Page 38.

[81] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Dan Francisco: HarperSanFrancisco. Page 18.

become chaos. Keep going down the route of hell and see where that gets you.

If you want true freedom, you must face the monsters (great and small). While they are scattered throughout the castle of the unconscious (or the Interior Castle via S. Teresa of Avila), if you choose to hide in wardrobes or underneath beds, you will find yourself eventually hiding in an unopenable coffin. The one who busts through the rooms of his unconsciousness covered in the blood of fallen beasts, will eventually become who they were meant to be, a conqueror. What will you choose? Will you be a sadist and a coward, becoming *hunted*?[82] Will you choose to destroy beauty by being a masochist and bully? Will you choose to be the hero and just survive?[83] Or will you choose to be a warrior, thriving in chaos?[84]

"But how do I get motivated?" Motivation is for cowards. Motivation is for those who still let their feelings control

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[82] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 77.

[83] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 156. & McConaughey, Matthew. 20020. Greenlights. New York: Crown. Page 286.

[84] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 156. & McConaughey, Matthew. 20020. Greenlights. New York: Crown. Page 287.

them. Now driven? Driven is the mindset of the warrior.[85] From now on you are going to do what you said you would, "because you said you would."[86]

TRIBE

A method I highly encourage when countering fear is by exposure. This exposure should be in a controlled environment so you learn to be unaffected in an uncontrolled environment. If you fear heights, become a jumper. Start by jumping into pools, then small cliffs, then work your way up to parachuting. For myself, I was criticized for this method by people who didn't walk in my shoes and didn't experience the panic my mind, body, and soul underwent when posed with ordinary tasks. My body goes into fight or flight mode for many situations it shouldn't. For example, sugar would cause me to have a panic attack (no kidding honey buns or ice cream would tap into my sympathetic nervous system). Another would be running (fear of throwing up) or exercise in general. So, what do I do to counter this fear? In

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[85] Goggins, David, 2018. Can't Hurt Me. Lioncrest Publications, Page 87. & Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 156. & McConaughey, Matthew. 20020. Greenlights. New York: Crown. Page 287.

[86] I really like how DJ Shipley says this. You Tube: gbrs group | behind the scenes | morning fitness and routine (02:02-02:20).

one scenario, I ate a box of honey buns and went for a sprint down and up a hill, then forcing myself to throw up. While those around me were unsupportive of "unhealthy behavior," I saw the process as conquering a demon who had been paralyzing me for a decade now.

When trying to genuinely seek my highest potential, I found myself in this predicament with friendship. How do I find friends who also have the desire to move past mediocrity? Where do I find these brothers? Well, a place to start is looking at those you surround yourself with. Do you admire these people? Do you truly want to be like them? If not, you must have the ability to let them go and break off the relationship.[87] “You have the right and responsibility to surround yourself with people who are good for the best part of you."[88] This doesn't mean to immediately drop your friends, but you should certainly pay attention. Do they stay in the fight (or at least want to stay in the fight) or do they cower? Do you run ahead just to

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[87] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 106.

[88] I recommend listening to this lecture if you want to learn more about friendship. YouTube: Jordan B. Peterson: 2017 Personality 21: Biology & Traits: Performance Prediction (1:22:42-1:25:13).

grab a water bottle or Poptart to aid them in any way you can?[89] Would they do the same for you? Do they? Do these people keep you accountable?[90] Do they aid you in achieving your "impossible" goals? Do they sacrifice their time and energy so you can achieve your greatest good? Most importantly, are those who you surround yourself with okay with not being excellent?[91]

Something many "friends" don't do is differentiate listening and advice. There is a time for advice, but that is when the friend asks for it (even then, they may not actually be asking for it). "Sometimes we don't need advice. Sometimes we just need to hear we're not the only one."[92] While as a society we must get better at listening, we also need to improve at communicating Stop seeking to cause unnecessary drama in relationships Stop making arguments difficult by making another go on a scavenger hunt to find clues in their unconscious mind

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[89] Shout out to one of my favorite stories from Never Finished (Page 109-114). The audiobook version has a hilarious expansion of the story, which I had a great laugh at (3:34:27-3:34:57).

[90] Sweeney. John M. 2013. Franics of Assisi in His Own Words: The Essential Writings. Brewster: Paraclete Press. Page 34

[91] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 201.

[92] McConaughey, Matthew. 20020. Greenlights. New York: Crown. Page 149.

to why you could possibly be upset.[93] Arguments are difficult enough making a situation more emotional than it needs to be, is helping no one. Peterson writes to express how you feel to the other (without giving into those feelings) and to discuss a compromise instead of leaving "unwanted things in the fog" where they will eventually seriously injure yourself or another.[94]

While I believe in intimate brotherhood and carrying a brother across the battlefield need be, those who don't want to achieve greatness need to be left to overdose on the drug of mediocrity. An issue I most definitely have is quoting pages at a time, but I truly want to share something I believe to be important. In his book *Never Finished*, David Goggins writes some words that gave me consolation in not currently finding the tribe I am look for:

"In military speak, the foxhole is a fighting position. In life it’s your inner circle. These are the people you surround yourself with. They know your history and are aware of your

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[93] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 102-103

[94] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 103-105, 108.

future goals and past limitations. But because it's a fighting position,a foxhole can just as easily become your grave. Therefore, it is crucial that you be careful about who you invite in... When there is no one around you who believes in or understands your quests, you must turn your toxhole into a one-man fighting position. That's okay. It is always better to fight alone until you can fight with people strong enough to fight the good fight with you. There is no time to waste trying to pull deadweight up a hill. I've been there many times, and you must hold out until reinforcements arrive, even if it takes years. Loneliness can be difficult and depleting, but I'd much rather you stay lonely than crawl out of your foxhole and trek back through known territory into the arms of the very people who loved the old you and were never comfortable with your transformation."[95]

This advice on friendship was a great reminder that my brothers, the *Myrmidons* are out there.[96] What I am looking for

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[95] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 190,193-194

[96] The Myrmidons were the soldiers of Achilles. However, I do really enjoy the movie Troy directed by Wolfgang Petersen. In the film, the brotherhood is more easily seen than in The Iliad of Homer. I do not see the

will be found eventually. Those men will be my brothers forever. Regardless of if the relationship is romantic or platonic, committed relationships are essential in life. Lack of this loyalty leads to loneliness, isolation, bitterness, and cynicism.[97] You truly need to have brothers who you trust to have your back and are willing to bury bodies alongside you.[98] For now, I have the responsibility of sharpening myself as much as I can so that I am strong enough to support and push them in the ways they need me to.

Reflecting on the hero/warrior mindset again, the hero still holds onto the immature or boyish mentality of doing things to be impressive and admirable. However, the warrior seeks to defend good and destroy evil for what is called a "transpersonal commitment" for "his loyalty is to something-a cause, a god, a people, a task, a nation-larger than

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Myrmidons as servants or those under my command, but as brothers the best of the best I have the honor of fighting beside and defending.

[97] Peterson, Jordan. 2021. Beyond Order. New Delhi: Penguin House. Page 187

[98] Shout out to Mike Glover. If you're going to be on the internet, he produce content worth consuming. Mike Force Podcast: 0114 - What does it mean to be a man? | Kyle Thompson, 35:20-37:17

individuals.”[99] This transpersonal commitment can also be taking on the responsibility of not only others, but oneself too. An idea I've stolen and applied to my own life is Peterson's idea of one's personal community "that exists across time."[100] See, you have existed in the past, exist now, and will exist in the future (considering the measurement of time). However, the present you is the boss of all these yous existing. This community is your responsibility to take care of and fight for. If I want future Cyprus to achieve greatness, the present me better give my pound of flesh to the cause. This also shows the difference between the hero and warrior: one seeks to impress while the warrior seeks to follow his duty for the sake of a cause greater than himself (at least his present self). "You can't change the world alone. You will need some help..If you want to change the world, find someone to help you paddle."[101] Who's in the tribe?

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[99] Moore, Robert and Douglas Gillette, 1990. King, Warrior, Magician, Lon Rediscovering the Archetypes of the Mature Masculine. Dan Francis HarperSanFrancisco. Page 84

[100] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House Page 126

[101] YouTube: University of Texas at Austin 2014 Commencement Address - Admiral William H. McRaven (7:01-7:19).

MAKE YOUR BED

In 2014, at the University of Texas Commencement Address (HOOK 'EM! SUCK IT BOYS! WE WON 17-7! ;) Love y'all), Admiral William H. McRaven called out, "If you want to change the world, start off by making your bed."[102] In fact, this is Jordan Peterson's 6th Rule:

"Set your house in perfect order before you criticize the world" and "Have some humility. If you cannot bring peace to your household, how dare you try to rule a city?"[103]

David Goggins touches on this concept of discipline when writing about his grandfather, Sgt. Jack in chapter five *Never Finished*.[104] Making your bed is of more importance than you

When I was 13, my father introduced me to my all-time favorite movie *Top Gun*, starring Tom Cruise as Maverick. I began to become fascinated by anything about the U.S.Navy following

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[102] I love this bumpersticker by from Admiral McRaven: "If you want to change the world, start off by making your bed." This is from his speech at UT. YouTube: University of Texas at Austin 2014 Commencement Address - Admiral William H. McRaven (6:08-6:013).

[103] Peterson, Jordan B. 2018. 12 Rules For Life: An Antidote to Chaos. Toronto: Penguin House Canada. Page 147, 158.

[104] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 121-145.

that film. Following that film, I started paying attention to some things in my house. A few things immediately picked up on were some photographs of two of my great-grandfathers, both of which were in the U.S. Navy during World War Il. One of which was a signalman (Grandpa Smith, on the U.S.S Stewart) and the other a PBY Catalina aviator (Grandpa Pfister, a member of the Black Cats, VP. 54). Upon seeing these photos, I began to write and email my grandfather to ask about my great-grandfather's service. He sent me a link which contained many photos of Grandpa Pfister. In the email, he also described his own service in the U.S. Army. Something that stuck with me in the email is making one's bed. He described pulling the sheets so tight and flat that he would drop a coin on the bed and only when it bounced, would the bed be tight enough. I also came across Admiral William H. McRaven's Commencement Address at the University of Texas in Austin. My grandfather and Admiral McRaven had both inspired me to form the habit of making my bed. I immediately ordered the official U.S.N. sheets and blankets

from a military surplus store. Every day, my first task would be to make that 45-degree fold and tuck my sheets.

I was still in a bad place in my life, but this bed gave me a little flame. At the time, I saw a *made bed* as my ability to change my environment. While there is certainly truth in the fact, we are free to change our situation or environment if we don't like it (even with small tasks like doing dishes or making our beds), there is also truth in that fact we are not always in control of our environments. Sometimes the chaos will pin us down and we must encounter suffering. So, what do we do when life gives us no other plate to eat but suffering? Most of us fall into the victim mentality during this. This may be because you don't entirely like yourself (and you shouldn't, most people aren't necessarily outstanding individuals).[105] Regardless of why you may have let the archetypal victim take over, no real work will ever be accomplished if you stay in this mentality. Peterson writes, "A responsible person decides to make a problem

[105] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 339.

his or her problem."[106] Make yourself the issue in the situation at all times.[107] While you cannot change the exterior factors that plague you, you can always change interior factors and you are by no means a perfect person on the inside. You have plenty to fix and changing how you react to your environment will certainly change your environment. When discussing the idea with an older friend and mentor, he suggested the book *Extreme Ownership* by Jocko Willink. I'd like to pass on this recommendation to anyone struggling with responsibility or the victim's mentality.

David Goggins writes:

"Surgery, sickness, busy work schedules, and family commitments are all great excuses to take a rest today, which makes it that much easier to rest again tomorrow, and that's a slippery slope!"[108]

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[106] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 25.

[107] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 176.

[108] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 76

Do not give into *entitlement* or let your *feelings stall* you from your goals.[109] Letting how you feel dictate your actions is dangerous. Greatness demands suffering and if you want to be the greatest version of yourself, you will have to be able to thrive in that suffering. Choosing to give into feelings and return back to your *comfort zone*[110] will not only trap you into the prison you made for yourself, but also incarcerate you with *Regret* who is by no means not a fun roomie.[111] Tapping into the self is essential if you want to conquer the victim's mentality. You must have that inner dialogue with oneself. Stop looking at it as an existential crisis, pain, suffering, anxiety, or panic.

Rather, look at suffering as the *ultimate training ground*[112] or an existential challenge.[113] Stop looking at pain induced by other people as you being attacked! Rather, look in the mirror.[114]

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[109] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 37, 38, 138, 149.

[110] An important side note is that even God requires you to go outside your comfort zone (especially if you've never left): Freeman, Anthony: 2018. One Step Closer. Lexington. Page 58-59.

[111] Goggins, David. 2022. Never Finished. Lioncrest Publications. Page 88

[112] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 136

[113] McConaughey, Matthew. 2020. Greenlights. New York: Crown. Page 186.

[114] The Accountability Mirror is an important concept for Goggins.

-Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 65, 67.

What do you see? Do you see what you want? Are you prey or hunted? *Confess* the truth, at least to yourself.[115]

So how do you approach pain when you can throw the issue on other people? Look at pain and give it no ownership in your mind. You must learn to enjoy and relish it. Not only is suffering an essential part of life, but it also indicates value.[116] At one point whenever I experienced fear, panic, or anxiety, I would think about a scene from *Fight Club*. Look up on YouTube (or better yet watch the entirety of the film) "Fight Club Chemical Burn. Brad Pit's character exclaims:

"Stay with the pain, don't shut this out... Without pain, without sacrifice we would have nothing!" and "This is your pain! This is your burning hand, it's right here! What you're feeling is premature enlightenment."

There is something peculiar about one who doesn't retreat from fear and suffering, but instead smiles or stares blankly. It's certainly uncommon and not an easily found trait. Perhaps

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[115] Peterson, Jordan. 2021. Bevond Orders. New Delhi: Penguin House. Page 262

[116] Peterson, Jordan. 2021. Beyond Orders. New Delhi: Penguin House. Page 113.

it would be worth your time to develop immunity. This doesn't mean you won't feel or experience suffering or pain, but means you become unaffectable.

The core of the victim's mentality is the fact that it is rooted in happiness, while the core of the warrior's mentality is rooted in responsibility and greatness. The problem here is becoming one who believes in being a eudemonist (believing happiness is one's final end).[117] Happiness? It's overrated. Now duty... duty is a whole other ballgame. Happiness shouldn't be the incentive for not allowing chaos to consume you. Unlike earthly happiness (which just flees from chaos once one spots beastly creature, duty seeks to defeat the beast and go back for more. The victim sits and waits for life to become nicer, but the warrior is always on a mission, embracing what's ahead.When discussing theories on dreams and the unconscious Carl Jung denies the "dream is a mere freak of nature, a meaningless conglomeration of fragments left over from the day."[118] In fact, when discussing the interpretation of nightmares

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[117]https://www.merriam-webster.com/dictionary/eudaemonism#:-:text=

[118] Jung, C. G. 1974. Dreams. Princeton: Princeton University Press. Page 87.

Ernest Hartmann writes:

"Sometimes, a dream can be interpreted as an overall symbolic representation of the dreamer's State of mind, or the dreamer's problems, as pointed out by Thomas French and Erich Fromm (1964) and others."[119]

In writing this work, I experienced possibly one of the most realistic nightmares I've ever dreamt. In a fallen and dystopian city, filled with rubble and no signs of a functioning society a huge and beastly lion had chased me into an abandoned old van. My first instinct was to hide underneath a tarp within the van, but the lion eventually made his way into the van and started scratching at the tarp like he was playing with his food. I threw off the tarp and immediately the lion began his hunt again. However, I shouted HOOYAH and threw myself on his back and began to choke him as intensely as I could. I remember the lion being shocked and confused by the sudden surge of bravery coming from his breakfast. Upon this action of being willing to face the beast, I awoke. Though this was no real lion

[119] Hartmann, Ernest. The Nightmare: The Psychology and Biology of Terrifying Dreams. Page 179

with far higher chances of mortality, I could easily understand what my unconscious was shouting out to me.[120]

The great and beastly lion was a symbol of chaos. In running away from the chaos, the chaos only pursued me all the more, for disorder loves games. Chaos loves to play with its prey. Fear will lead you on until it consumes you. So, what did I do in the dream? The same thing I began to do in reality. I concluded if a dragon feeds off of fear and if demons relished in my anxiety, I was going to become the spirit of fear itself. ffit wanted to consume me, it could try. Maybe chaos would consume me, but it better prepare for the stomachache of a lifetime. With every breath I sought to make hell shake in their pis-filled panties. I wanted to become the reaper. Fear is a spirit that comes to me often. Anxiety, my biggest foe haunts me constantly. Now? I haunt him. Whenever I feel nervous or anxious, I ask myself, "Are you really going to be a bitch? Take the easy way out? Are you really going to cower? Get it fucking logether man! HOO-FUCKIN'-YA!" This mindset changed me. I now

[120] For more information on the unconscious, I highly recommend listening to Jordan Peterson's lecture: 2017 Personality 08: Carl lung and the Lion King (Part 2).

seek pain. I relish chaos because my mind understands who chaos is. Chaos is the enemy and only one of us comes out barely alive in each encounter.

Building off the above, a quick way to jump out of the victim's mentality that of the prey and hunted discussed earlier) is a battle cry. Before Achilleus duals Hecktor, he scares the crap out of him saying, "There are no trustworthy oaths between men and lions."[121] You need a battle cry when you face the dragon. In many ways, this work is my dragon. It is the ripping of my chest, the breaking of my ribs, and the exposition of my heart. What's your current dragon? More importantly, what will your battle cry be? You need one to make that split-second decision whether it's getting out of bed, exercising,an interview, etc). For you this phrase may be *Thy Kingdom Come* (the battle cry the Legionaries of Christ use), but what's important is that it's important to you.[122] It could be your wife or child's name, just make sure to not take the battle cry in vain. When you yell your battle cry, commit to what you're doing, "because

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[121] Lattimore, Richmond. Trans. 1961. Iliad of Homer. London: The University of Chicago Press. Page 442.

[122] Freeman, Anthony. 2018. One Step Closer. Lexington. Page 106-107

you said you would."[123] This commitment will scare the crap out of the enemy (whoever or whatever they may be) and this is an advantage you want. Embrace your inner warrior and do what's difficult, ridding yourself of weakness and cowardice.

[123] YouTube: gbrs group behind the scenes I morning fitness and routine (2:02-2:20).

The Birth of Venus (1879) by William-Adolph Bouguereau

IV

RUN A MILE

EVERY SECOND COUNTS[124]

THE DOMESTIC PRIEST AND THE COSMIC TEMPLE

If one is to become their ideal, something one cannot skim over is their identity. Even though it may not be treated so, there are aspects of identity, and these aspects are essential to understanding oneself. Something I commonly hear in Catholic circles is our experience is not our identity, but who God says we are. I hear our identity is being a "son or daughter of God." Now this is certainly true, and I have no objections. However, I would like to point out something within those two phrases. It says son or daughter which insinuates male or female. In this essay I am not going to start an argument against transgenderism outside of being a sexual disorder. That being said, when I say gender, I refer to the same thing as biologicalsex. Moving

[124] The Bear, Season 2, Episode 7: Forks

forward, our biological sex is part of our identity It is an essential part of who we are. Without maleness, Cyprus ceases to exist and so on with everyone else

The reason I make this claim is because of the telos of being either male or female. While God made instinctive creation male and female in order for reproduction, he made rational creation male and female for an additional reason. This telos or purpose of two sexes can be found in Genesis 2. When placed in the garden, Adam is given the task to "till and keep" the Garden.[125] However, the Hebrew words used here are literally translated as "'work' (ābad) and 'guard' (shāma)".[126] These same Hebrew words are only found in "a pair" again when the law was telling the Levites (priests) what their duty was.[127] The duty of the Levite priests was to guard and to work the temple.[128] If Adam is given the same duty as the priests, this points to Adam being

[125] Bergsma, John. 2021. Jesus and the Old Testament Roots of the Priesthood. Steubenville: Emmaus Road Publishing. Page 8.

[126] Bergsma, John. 2018. A Catholic Introduction to the Bible (Volume 1). San Francisco: Ignatius Press. Page 103.

[127] Bergsma, John. 2021. Jesus and the Old Testament Roots of the Priesthood. Steubenville: Emmaus Road Publishing. Page 8-9.

[128] Bergsma, John. 2021. Jesus and the Old Testament Roots of the Priesthood. Steubenville: Emmaus Road Publishing. Page 9.

a priest.[129] This asks the question, "If Adam is a priest, then what temple is he protecting?" The immediate answer is the garden, and this is absolutely true.[130]

Dr. John Bergsma writes:

"The chapters describing the construction of the Temple in Jerusalem by Solomon (1 Kings 6-8) are the zenith of the Old Testament narrative, in which themes are anticipations from as far back as Genesis find their fulfillment. For example, the gold, jewels, flowering trees, cherubim, plentiful water, and other aspects of the decoration of the Temple all to mind the description of Eden-the Temple is a new Eden, a place of worship and communion with God. The Eden connection is reinforced by the naming of the Jerusalem spring, which flowed from the Temple Mount, after one of the rivers of Eden (the Gihon; cf. 1 Kings 1:45; Gen 2:13). The building of the Temple takes seven years; it is dedicated in the seventh month, in a festival of seven days, climaxed by a prayer of seven petitions (see 1 Kings 8:31,

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[129] Bergsma, John. 2021. Jesus and the Old Testament Roots of the Priesthood. Steubenville: Emmaus Road Publishing. Page 9.

[130] Bergsma, John. 2021. Jesus and the Old Testament Roots of the Priesthood. Steubenville: Emmaus Road Publishing. Page 9-13.

33, 35, 37, 41, 44, 46). All these sevens recall the creation of the cosmos (Gen 1): the Temple is a microcosm (micro-cosmos), and the cosmos is a macrotemple. The building of the Temple is a kind of recreation, the introduction of a new epoch in salvation history, restoring to God's people an Eden-like place of communion unavailable since the Fall (Gen 3:24) and which was the goal of the Exodus (Ex 15:17)."[131]

However, in what I believe to be the realist sense, Adam is protecting Eve. Eve is the microcosmic temple, not another priest. See, if we look closely at the text of Genesis 2:15, we see that Adam and God are alone when God bestows the duty to till and keep and then in Genesis 2:18, God says "It is not good that man should be alone." Adam is clearly the only one given the duty of working and keeping the macrocosm. So, if Adam is a priest, then what does this make Eve? Is she just this thing that hangs around and looks pretty? As Bergsma points out within the Catechism of the Catholic Church: "As Eve was formed from the sleeping Adam's side, so the Church was born from the

[131] Bergsma. Tohn 2018 A Catholic Introduction to the Bible (Volume I) Sun Francisco: Ignatius Press. Page 392.

pierced heart of Christ hanging dead on the cross."[132] The Catechism of the Catholic Church also recognizes the Church to be a symbol of "the holy temple."[133] If the Church (the temple) is born from the side of Christ and Eve is born from Adam's side, is this not pointing to a relationship between woman and temple? This is the exact reason women cannot be priests, because biologically they are temples and their physiology of being a gentler creature point to this. Biologically, men are created priests and our physiology of naturally being more muscular with a higher capability for violence points to this.

Now one may point out according to the Catechism of the Catholic Church that all people (including females) are priests. This is true. This priesthood is called the common priesthood (shared by all).[134] However, I am convinced there are three types of priesthood, not two. Besides the common priesthood there is the ministerial (or liturgical) priesthood which "is transmitted by its own sacrament, the sacrament of Holy Orders."[135] These are

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[132] Bergsma, John. 2018. A Catholic Introduction to the Bible (Volume 1), San Francisco: Ignatius Press. Page 121.

[133] CCC 756

[134] CCC 784, 1546

[135] CCC 1547

the priests who hold the duty of being shepherds. However, the last priesthood, which I do distinguish from the common priesthood, is the domestic priesthood. By domestic temple I mean the domestic church or family/society.In the Vatican Il document of Lumen Gentium 11, the family is described as the "domestic Church."[136] My claim is that the universal (common) priesthood tends to the universal temple (the universal Church), the ministerial (particular) priesthood tends to a particular temple (the church/parish/congregation), and the domestic priesthood tends to the domestic temple.

The domestic priesthood is biologically bound to the make sex because God gave the priestly command to Adam alone. So domestic priests, by their gender as male, are given the duty of protecting and guarding the temple of their family and society. The story of Eden exposes what I'll call the archetypes of priest and temple. In the garden, Adam (representing the archetypal priest) is told to protect Eve (representing the archetypal temple), but from what exactly? Chaos. The Hebrew

[136] Flannery, Austin, O.P. ed. 2004. Vatican Council II: The Conciliar and Pist Conciliar Documents. Northpoint: Costello Publishing Company. Page 361-363.

word for "serpent" (nāhāsh) used in Genesis is also used to describe the dragon Leviathan in Isaiah "who was considered the embodiment of evil and chaos.[137] Whenever creation denies itself of God (being itself) it chooses nonbeing. This is what is so skewed about Satan. Sin is spiritual suicide. Sin is the choice that creation no longer wants to be creation. This is the mission of the serpent of chaos.

While the serpent of chaos is at heads with man, his true hatred is for what man is protecting, the woman. This is because the woman was created as a microcosm of the entire universe. She is the representation of all that is true, good, and beautiful within creation. In the beginning, before anything was disordered, the universe was still completely good and beautiful. The archetypal woman represents this pre-fallen universe. This is not to say women are perfect or that we should place unrealistic expectations on them as individuals or as a group. But the woman is the reminder of the cosmic good that exists. Have you ever heard a man exclaim a woman is their

[137] Bergsma, John. 2018. A Catholic Introduction to the Bible (Volume I) Su Francisco: Ignatius Press. Page 105.

world? Well in a sense, the woman is! She represents the entirety of the *Cosmos of Good*.[138] Adam (the representation of the domestic priest) is not given the duty to just protect Eve (woman), but the duty to protect all that is good (the entire universe) from chaos!

We have established the male as the exclusive archetype of priest. This priest is given a great duty. Because he is given a great duty, he is given the ability of great strength (mentally and physiologically). However, in today's society, a mentally and physically strong man is not often seen. This is because the strength of man can be greatly disordered. An example of this can be found in the film *The Other Guys* directed by Adam McKay. In the film, Will Ferrell plays a very intelligent but socially awkward police detective called Allen. He is seen as a beta-male figure by his colleague Terry (played by Mark Wahiburg) who constantly berates Allen with insults like: "The sound of your piss hitting the urinal, it sounds feminine!"

It is later explained Ferrel used to be a pimp in college who went by the name of Gator. Allen left the days of being

[138] The term I've decided to use to describe all that is true, good, and beautiful within creation.

Gator behind him to become a stable, simple, gentle, and overall nice guy. However, this quickly leads to conflict in the film. Ferrell's character in denying Gator has not rid himself of Gator, but only suppressed him for years. This eventually leads to Gator (the shadow) blowing up at his wife and getting kicked out of his own house. When the dangerous part of man (the shadow) is not confronted and its presence acknowledged, it will force the person to acknowledge its presence one way or another. In Ferrell's case, it was manifesting Gator. In the peak of the film, Ferrell learns to not deny Gator any longer—but uses his violent and dangerous side to get answers to solve the case he is working on. He has learned to control himself. When a man sees his life full of chaos, his immediate reaction may be to run to the other end, being afraid of the monster he could become. Yet man gets to a point where he would rather be the monster than spend one more conversation agreeing to bull crap he doesn't really believe or listen to another shitty idea from his boss.[139] This monster/bully is merely the mutation or disorder

[139] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine, Dan Francisco: HarperSanFrancisco. Page 41

of strength within man. Man needs to order and keep his dangerous strength under his control, if not the beast will destroy much in its path. If man keeps going down the road of the monster and disorder strength, he will find himself unfulfilled because while he isn't weak anymore, he is still not his ideal. This is why it is important for man to remind himself why he fights and protects. He doesn't fight and protect the good for glory, but for the good.

An example of this strength can be found in the glorious film of *Nacho Libre* directed by Jared Hess. The film is about a man called Nacho (played by Jack Black) who grew up an orphan in a Spanish friary. Another important aspect of the film is that he encounters a beautiful religious sister (who represents the Cosmos of Good) called Sister Encarnación. Since his childhood he dreamt of being a luchador (wrestler). However, this desire is repressed into his life as a monk. He becomes the cook for the friary and tries to forget his childhood dream. However, his repression of his childhood dream comes back to haunt him. The orphans (family/society) of the monastery are in distress

because all they eat is slosh and Nacho doesn't know how to provide for them as a poor friar. He finds out that one can make money by winning luchador fights. So, he lets out what he repressed but keeps his luchador fights hidden from the other friars and orphans. Due to Nacho accidentally setting his habit on fire it becomes known that he has become a luchador. His friary kicks him out, but his teammate Steven sees Nacho's world collapsing and steps in encouraging him to not give up on his dream.

Eventually Nacho faces off against the greatest of the luchadores, Ramses. Nacho is of course losing the fight and when it seems like Nacho is about to tap out from being held down by Ramses foot, he sees Sister Encarnación and the orphans from the friary. While he has unleashed his monster and found a sense of control over it, he is still losing the fight because he has forgotten what he is fighting for. This is why the hero archetype dies, because he does what he does for attention, not a higher cause.[140] Seeing the cosmos of good and society

[140] Moore, Robert and Douglas Gillette. 1990. King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine, Dan Francisco: HarperSanFrancisco. Page 41

suffering, he understands the only thing that will provide for the starving orphans (protect society and fight forCosmos of Good) is himself. He takes responsibility for his life and realizes he must fight for something greater than himself. At this moment he throws Ramses off his throat and begins to kick ass. The iconic Hombre Religioso (Religious Man) by Mister Loco song bursts onto the scene and Nacho climbs on top of the boxing ring and tackles Ramses. Nacho conquers Ramses (the chaos). Nacho represents man and his transformation towards his ideal. This phenomenal film teaches or reminds man he must not repress the strength of his shadow but use the strength of his entire integrated self to fight and protect the cosmos of good and society (without letting hellish descent take over). While conquering one's shadow is not exclusively for males (and it shouldn't be) this film is great at showing the importance of the male to order his strength a certain direction without becoming a bully, coward, hero, masochist, or sadist (as mentioned earlier), but a warrior.

As established earlier, the woman is the temple. The temple is seen as a microcosm of the cosmos. In the same way, the woman is the microcosm of all that is good (the Cosmos of Good). The female is the physical symbol of all that is created good. However, what does the temple do? Just sit there and be pretty? The temple is a place of worship. An important distinction must be made here. The temple is a place of worship, not to be worshiped. While the man has the duty of protecting the cosmos of good and not harming it, the woman has the duty to point to the heavens. She must constantly remind men and women their purpose is from the heavens. She does this by being in line with her femininity. She must understand the value of gentleness and beauty.

While only men are domestic priests, all participate in a universal priesthood in which they sacrifice themselves toChrist and protect the inner temple (their souls). In the same way, while women are exclusively domestic temples all participate in being a universal temple. 1 Corinthians 6:19 read, "your body is a temple of the Holy Spirit. Everyone has the duty of creating a

sacred space to worship within their soul Everyone also has the duty as a temple of the Holy Spirit to create a home for Christ and others within their soul. See, Adam sinned by neglecting to protect the garden or Eve. Eve sinned by deviation from beauty. I'll explain. The duty of the woman as the temple is to point to the heavens. They do this by making a house a home, food into a meal, a job into a ministry. Women have the duty to beautify the world (reflecting the divine, motivating heavenly ascent) everywhere they go. Woman gives man meaning, which is why the woman leads to consciousness arising in man.[141] He becomes aware of the places he lacks. However, instead of offering fruit which would have been beneficial for Adam (in doing so, Eve would have reflected the benevolence of God), she offered him something which led to the hellish descent of man into chaos. The temple must maintain her duty of pointing to the heavens and beautifying what's around her.

[141] Johnson, Robert A 1989. She: Understanding Feminine Psychology. New York: Harper Perennial. Page 30-31.

STOP EATING THE CHEETOS

Biological Chaos has affected the majority in some way Or another. The chances of you being overweight, underweight, or out of shape are high. I don't see a bunch of gods walking around everywhere I go. Not taking yours or anyone else's feelings into consideration, I will tell you the truth. This is the last heads up the kid gloves are coming off. The truth is as comfortable to hear as a public-school cafeteria lunch. It's disgusting and you know it. Stop pretending everything is fine. The most important tool in ordering biological chaos is a mirror, if you don't have one, buy one. What do you see? A skinny toothpick who defies the laws of nature when a gust of wind comes. It's only by grace that you stay in existence, because if it wasn't for God, your "high metabolism" ass would have faded out of existence already. Or perhaps you see a fat ass who can't get off the greasy couch. To everyone's surprise you haven't made the world collapse in on itself yet. Both extremes are VERY disordered, and I'm tired of not acknowledging this. Yes, life is about holiness, but order goes hand in hand

with holiness. See, holiness is the universal vocation (what you are to do with life), but seeking order is becoming who you are (it is your identity: as a son or daughter of the King).

Since I cannot find the citation for this episode of a podcast, I will leave names and the podcast anonymous. I was listening to a podcast and two men were discussing how they think Thomas Aquinas was this fat brilliant theologian. If this is so, Aquinas would know now he was never truly himself. I think it's imprudent to view theologians who clearly care nothing of the physical as ideals, because they are far from it. Neglecting one's body is self-abuse, and self-abuse is sin (maybe not grave, but still a turning away from good). I recall a mass back home in Houston where I was serving as an incense minister. The priest that had invited me to the talk given by Chirstopher West was giving his homily. The words "You are your body" echoed from the pulpit. He then went on to say it’s not something you ought to take care of like a child or pet. While a mindset treating yourself like so can certainly be useful, it only gets you so far. You need to have enough respect for

yourself to do what is ordered and healthy for your wellbeing. If you lack the self respect to accomplish this, living out Jordan Peterson's second rule will be very helpful for now.[142] However, if you can pall together any self-respect at all, stop harming your body. Not exercising (at any age) is disordered. You are a living bing. You are meant to move. Modern medicine teaches us one of the worst things you can do for your body is not moving:

"A sedentary lifestyle increases all-cause mortality and the risks for cardiovascular diseases (CVD), diabetes mellitus (DM), hypertension (HTN), and cancers (breast, colon, colorectal, endometrial, and epithelial ovarian cancer). This has been consistently documented in the literature. There is no dis-agreement on the fact that prolonged total sedentary behavior times are associated with poor disease outcomes."[143]

Now I know some will say your ideal isn't necessarily looking exactly like Brad Pitt from fight club or some only fans

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[142] Peterson, Jordan. 2018. 12 Rules for Life: An Antidote to Chaos, Toronto: Random House Canada. Page 31

[143] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7700832/#

model.[144] However, I disagree. Go as hard as you possibly can. Become the Greek warrior you were meant to be. Your body does have an ideal. Why not try to achieve that ideal? Sure, you will never become it fully, but being on the road towards your greatness is important. Neglecting biological order only causes one to live a pathetic life, centered around chaos.

Returning to the nature as a priest, the man has a duty (or purpose) to be physically fit for the sake of being dangerous. Men must be ready to protect and defend the Cosmos of Good. So, if you're a man, get off your ass and start learning martial arts. Stop being a bitch and making excuse after excuse. If you want to be a pathetic child who barely made his way to heaven by whispering the name of Mary, then waste your sad sack of a life. The mercy of God is there for everyone, but if you want to be a son that God is proud of, stop being a coward and train towards your ideal. This isn't optional if you want to be who God intended you to be. As for women, they have a duty (purpose) to keep their bodies reflections of the Cosmos of Good. This includes exercising, so your muscles fulfill their telos.

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[144] Of course, they're not actually under the job description of a model.

Ladies, I love y'all, but your ideal is the reflection of heaven. So, while men must exercise to protect good, women must stay healthy to reflect good. Not being aimed at your ideal is neglecting your purpose as God's greatest creation: the reflection of Himself.

Achieving your ideal includes what you are putting into your body. Guess what? You want to become your ideal, you don't get to consume random shit. Food equals nutrition, which equals body function. You want your body to function propen) this means you don't get to eat cheeseburgers and drink coke all the damn time. That goes for both men and women. What you eat is going to greatly affect your hormones, so stop poisoning your body:

"Food can affect the production and secretion of hormones by direct actions on the gut, by nervous reflexes, through changes in the concentration of various metabolites in the blood, ar secondary to changes in circulating gut hormone levels. Not only is the composition of the diet important but also its texture,quantity and duration."[145]

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[145] https://pubmed.ncbi.nlm.nih.gov/3888442/

Maybe I sound like an extremist by telling you to never drink soda (because you really shouldn't) but l think it just makes you insane to either not come to this conclusion by now or not apply this rule to your health by now.

Something people most definitely have a problem with is sugar. In my opinion, that sweet white goodness is just as bad as the sweet white goodness of cocaine (of course l mean that rhetorically). Read this:

"The average American adult, teenager, and child consumes about 17 teaspoons of added sugar a day, or about 270 calo-ries."[146]

"The AHA suggests a stricter added-sugar limit of no more than 100 calories per day (about 6 teaspoons or 24 grams) for most adult women and no more than 150 calories per day (about 9 teaspoons or 36 grams of sugar) for most men."[147]

First, do you realize what this means? Americans consume about twice the amount of sugar than they should be taking in. A great but annoying saying which has plagued me since my

[146] https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/
[147] https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/

childhood is "you are what you eat." This saying is truer than you realize. Are you shoving cookies in your mouth every day? You're a fucking cookie. Gain some self-control and stop eating "treats" every day. They're meant to be treats not snacks or meals. Stop shoving your mouth and eat something nutritious.

Next, read this:

"The AHA also recommends a lower daily limit of added sugars for children ages 2-18 to less than 6 teaspoons or 24 grams per day, and sugary beverages should be limited to no more than 8 ounces a week."[148]

So, secondly, stop screwing up your child's existence. If you want to be their source of chaos, sure, throw candy and soda down their throat. I understand there are more important aspects of parenting and I think you should focus on those aspects. However, stop turning your kid into that blueberry gum girl from Charlie and The Chocolate Factory (The Johnny Depp remake is superior, suck it). You are setting them up for biological failure. "Obesity leads to a higher risk of type 2 diabetes,

[148] 148https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/

coronary artery disease, stroke, and cardiovascular death."[149] Funnily enough, heart disease, strokes, and diabetes are all in the top ten leading causes of death in the United States.[150] For the love of all that is holy will you please stop trying to kill yourself and your children?

I think I've drilled my point fairly well. Now we are moving onto another aspect of biological chaos, smoking. Just a couple effects of smoking are lung damage, heart disease (blood clots, angina, strokes, heart attacks), fertility problems, erectile dysfunction, pregnancy complications, type 2 diabetes, weakened immune system, gum disease, and cancer.[151] Now for those who have that "I don't give a crap" attitude with their health, you should care. This is your body. This is you, Have some self-awareness and humility. You must acknowledge that doing something which causes the list above to be disordered. Inflicting the list above onto yourself is self-harm. Also, stop being a self-centered prick, this isn't just about you. Your children are at risk if you are pregnant with them and not

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[149] https://www.hsph.harvard.edu/obesity-prevention-sourc/obesity-consequences/health-effects/
[150] https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm
[151] https://www.medicalnewstoday.com/articles/324644

having a parent (or at least a functioning one) if this kills you. Now that is just a risk, but any parent willing to risk their child's health should not have children. Cigars are also considered smoking and biologically chaotic. Effects of cigars are firstly risk of cancer as cigar smokers are four to 10 times more likely to die from esophageal, laryngeal, and oral cancer than those who do not smoke."[152] Other effects include heart disease, gum disease, COPD (chronic obstructive pulmonary disease), and pregnancy complications.[153] The bottom line is breathing anything, but air is most likely not good for you. This is one I can't really find a reason for how it could possibly be ordered.

Moving on to alcohol:

"Just one or two alcoholic drinks can impair your balance, coordination, impulse control, memory, and decision-making. This increases your risk of injuries. Too much alcohol can also Shut down parts of your brain that are essential for keeping you alive."[154]

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[152] https://www.medicalnewstoday.com/articles/is-smoking-cigars-bad-for-you#heart-disease
[153] https://www.medicalnewstoday.com/articles/is-smoking-cigars-bad-for-you#heart-disease
[154] https://magazine.medlineplus.gov/article/alcohols-health-effects-what-you-need-to-know

Get over yourself and the culture of drinking. There is no such thing as a healthy drinking culture. This is because "No amount of alcohol is 'safe' or beneficial for your health."[155]

"In fact, alcohol's harmful effects (such as risk of developing certain cancers) start at fewer than one drink per day" and "Over the long term, alcohol can increase your risk of more than 200 different diseases including in the liver and pancreas, and certain cancers."[156]

In all, alcohol messes with your digestive, sympathetic, and parasympathetic systems.[157][158] For those of you with that "I don't give a crap" mentality and think they'll just replace their liver, consider this:

"Alcoholics historically have been considered unsuitable for liver transplantation because of their presumed high risk of relapse to excessive drinking after transplantation" and "If allowed to compete equally for access to transplantation, some

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[155] https://magazine.medlineplus.gov/article/alcohols-health-effects-what-you-need-to-know
[156] https://magazine.medlineplus.gov/article/alcohols-health-effects-what-you-need-to-know
[157] VanderVeldt, James H. 1952. Psychiatry and Catholicism. New York McGraw-Hill Book Company, Inc. Page 350.
[158] https://magazine.medlineplus.gov/article/alcohols-health-effects-what-you-need-to-know

alcoholic patients will certainly receive a liver before some nonalcoholic patients, who will subsequently die."[159]

Again, selfish prick, it's not always about you. You are damaging your body and making situations for those who need liver transplants much more difficult than they need to be. With this all-in mind, funnily enough, the Christian wouldn't necessarily deem alcohol as biologically chaotic and disordered. The reason why is as a practicing lew, Christ would have drunk alcohol and Christ (if He is God) wouldn't do disordered things. While I personally don't drink because of the effects of alcohol, I think this is your decision to make. I am presenting a tough thought with this one and I understand the controversy of society's relationship with alcohol, but it ultimately is your choice.

Another aspect of biological chaos is bad hygiene. Look, nature follows the law of change. If you leave an abandoned house alone, the lawn will grow out of control and leaves will pile up. The human person follows this same law. Your body needs

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[159]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6876525/#:_text-Medical%20Grounds,to%20excessive%20drinking%20after%20transplantation

to be taken care of so show some respect for yourself and take a shower. Wipe your ass, cut your nails, brush your teeth, etc. Something to consider is that you owe this kind of care to yourself. Not taking care of oneself can in some extremes be sinful. Besides hygiene, another way a person needs to take care of themselves is sleep. The hormone essential for muscle repair is released while one is asleep.[160] The body also needs sleep for the immune system, memory, and heart health.[161]

As one can see, learning to live like a functional human being is difficult, but it brings a specific kind of delight. There is a natural happiness when one pushes themselves out of the self-inflicted chaos. Something that may aid you in ordering biological chaos is prayer. Pray often. Stay in touch with the divine. Before you eat lunch (or more likely a snack), pray you do not fall into gluttony. While you're lacing up your trainers, pray that you may not turn around when the running gets hard. When you don't feel like going to the gym, waking up early, or

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[160]https://harleystreet-md.co.uk/blog/sleep-for-muscle-growth/#:-itext=Your%20body%20produces%20hormones%20crucial,and%20this%20wil1%20limit%20growth

[161]https://health.ucdavis.edu/blog/cultivating-health/better-sleep-why-its-important-for-your-health-and-tips-to-sleep-soundly/2023/03

saying no to that second drink, think of the world. They need strong men. Children out there are harmed because weak men exist. Women out there suffer abuse because weak men exist. Will you be weak or will you take care of yourself so you can live out your duty to protect what is good?

Ratto di Proserpina (1621-1622) by Gian Lorenzo Bernini

V

STOP TOUCHING YOURSELF AND LEAVE THE DOGS ALONE

THE BARREL

Something often misconstrued by both the Church (the people, not the infallible teaching) and society is the understanding of sexual disorder. A vast majority don't understand why they believe what they do, or at least why they ought to. From personal experience in dialogue with many people, I’ve found those who lived during a period when homosexuality was greatly discouraged, believe this because it wasn't the norm. It’s the same mindset as going to church because your parents did. The problem with this simple mindset is passiveness. When one takes upon themself the mindset of passiveness, one is still mentally living as a child (not leaving home and becoming their own person). They haven't made

the choice to grow up. When you have several generations of children raising children—all of which are doing something they have no reason for doing (like going to church or believing homosexuality is immoral). This will eventually lead to the questioning of a belief system. This questioning will lead to the torches and pitchforks being thrown at whatever belief system this is—eventually causing the collapse of that system.

As mentioned earlier, chaos seeks destruction and destroys whatever it can. The more stability you have within your mind and God's mind, the less likely a wave of chaos will pull you out to sea. Now for the church we have a buildup of elderly who have no clue why they believe what they do and youth who reject the church's teaching. This chapter is to explain the reality behind why sexual disorder is sexual disorder (and not love or subjective sexual experience).

Firstly, it is worth quickly mentioning why sexual disorder is something you must get rid of in your life. I think I think Dietrich Von Hildebrand states it best:

"Every passion which overpowers me and carries me away or washes me overboard...represents such a loss of self, that I am passively drawn under by the waves."[162]

Under no circumstance can you lose your Self. Once you lose your Self, it will be of the most difficulty to rebuild. Giving into chaos (sexual in this case) just to lose your ideal destroys the whole purpose of this book. So, if you want to elevate your existence and seek greatness, you must rid yourself of sexual disorder.

One of the first mistakes made when it comes to discussion of sexual disorder is only talking about homosexuality and transgenderism. The issue with singling out these two causes several problems. Firstly, all the other sexual disorders go unaccounted for. Secondly, singling out these two disorders causes a stigma of separation. The Church or society divides itself into those who experience sexual disorder and those who don't. However, the chances you experience one of the sexual disorders listed is high. In my personal experience, when

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[162] Von Hildebrand, Dietrich. 1930. In Defense of Purity: An Analysis of the Catholic Ideals of Purity and Virginity. New York: Sheed & Ward Inc. Page 37.

discussing sexual disorders (which I often bring up because! want the world to heal from one of the greatest wounds of fallen nature) those who participate in the discussion generally fess up or let it slip that they experience one of the disorders. I have only met one person whom I suspect to be unaffected by the sexual revolution and may not experience any of the disorder (but it was later revealed he experiences a sexual disorder). The truth is, most of us have stuck our hands into the barrel of sexual disorders and pulled a couple out.

Now by *experience*, I mean you are attracted to something. For you may be attracted to something and not engage or act on that attraction. These disorders merely rely on one experiencing an attraction. Dietrich Von Hildebrand writes "But not only is every abuse of sex a desecration; it further involves a specific defilement."[163] I categorized a list so that we may see what each disorder defiles, which will reveal what area one must heal. Now many may disagree with the list of categorized disorders, but I am convicted in the revisions I've made. I think sexual chaos

[163] Von Hildebrand, Dietrich. 1930. In Defense of Purity: An Analysis of the Catholic Ideals of Purity and Virginity. New York: Sheed & Ward Inc. Page 37.

can be separated into six disorders. These are Sexual Relational Disorder, Sexual Plurality Disorder, Sexual Creativity Disorder, Sexual Degrading Disorder, Sexual Unproductivity Disorder, and Sexual Biological Disorder.

Now before we get started on that list from which I scraped the pits of hell, I'd like to make a note on sexualization. The main issues with all the disorders listed is that they are sexualized. We live in a post-sexual revolution culture that encourages the sexualization of everything around us. Back in my hometown of Houston Texas, there was a billboard (maybe it's still there) I would pass by frequently. It read, "I make your teeth sexy." I personally don't know anyone getting aroused just by corrected teeth or someone's smile (perhaps we should, perhaps we shouldn't). The point is, we don't need to sexualize everything, including relationships. In my opinion, there is a fine line between sexual attraction and attraction. However, it seems to be that Jordan Peterson doesn't think the two can be separated.[164] This is what I meant by I don't necessarily agree

[164] An interesting interview on YouTube, perhaps worth the listen: Jordan Peterson on Gender, Patriarchy and the Slide Towards Tyranny, Intelligence Squared (40:14-41:10).

with everything my influences believe. While I won't explain why he believes the two can't be separated I'll explain why I think they certainly can.

I think normal attraction is simply the act of being drawn to something. Since all things are essentially goods, I think we are only drawn to good things. However, disorder can manipulate that. For example, I think men should be able tobe attracted to each other, as long as that man has attractive qualities. The truth is, men are attracted to each other, but they write the language off as gay and choose to not explore the notion further. Those who do explore further, oftentimes fall into homosexuality (a form of Sexual Unproductivity Disorder) merely out of confusion. To make things clearer, let's give an example. Let’s say I asked 100 men what they thought of Brad Pitt's physique in Fight Club. I would get an overwhelming amount of positive feedback. This is because the men can acknowledge good when they see it. That is all attraction is, simply seeing that which is *good*.

However, this good doesn't need to be sexualized. When men and women start sexualizing their attraction to Brad Pitt, this is where the chaos enters in. This is why I think ideally one should only be sexually attracted to one's spouse. This is the only sexual attraction which can meet its end and purpose. When you settle and calm your attractions, you'll find a greater peace within yourself and society. This is because people's bodies are no longer something your body wishes to be joined to, but something that showcases goodness into the world, People’s bodies become signs of heaven. Everything and everyone begins to point upwards by shifting one's perception. I’d put my money on a society functioning better when men and women learn to "see" each other and not "look." Christopher West discussed this idea at the talk I attended in 2018, but I cannot find a recording of that talk. However, I found an article in which writes about a similar talk he had given. The article states him saying:

“‘Looking at something stops at the physical,’ West said. ‘We get to the spiritual through the physical, but when you're

merely looking at someone, you stop at the physical and you never get to the inner mystery of the person.'

'When we are just looking, the body is treated as something, but when we have that deeper vision, the body is respected as someone,' he said.

According to the Theology of the Body, he said, 'The body expresses the person in such a way that it makes it clear who the person is and who he or she ought to be.'

'When someone simply looks at another person, it separates the soul from the body,' West said, 'essentially killing them, and therefore means they're being treated as dispensable, replaceable, and repeatable?'

'The key to seeing,' he said, 'is to admit were blind to some degree.'"[165]

There is so much beauty to be seen when one's world loses its hyper-sexuality. Seeing is essential to reordering one's sexual desires but we'll touch up more on that idea in the following chapter.

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[165] https://tennesseeregister.com/dr-christopher-west-to-see-a-person-is-to-love-a-person/

Something I would like to note is while factual information like this ought to be cited, I am not going to cite personal research of which I had to go onto pornographic websites I would simply be telling the pornographic websites I scoured which I see no benefit of. I personally don't feel comfortable stating the websites as it feels like I'm directing someone to click on those vile sites. I also want to mention that of the hundreds and thousands of categories I had gone through, I was able to summarize them into the few I'll mention.

SEXUAL RELATIONAL DISORDER

The first of these disorders is Sexual Relational Disorder. This disorder is sexualizing relationships, when the only ordered sexual relationship is spousal. This disorder involves sexual attraction to someone quite younger or older than you. In pornography this is commonly seen in "mature" figures doing sexual acts with someone who is young enough to be their adult child. This is disordered as one should only be sexually attracted to their spouse (and I happen to be of the opinion people should stay in their lane and not marry someone 10 years

younger than themself. While pedophilia (attraction to children younger than 11 years old) and Hebephilia (sexual attraction to early pubescent children around the ages of 11-14 years) are disordered, it must be noted Ephebophilia (sexual attraction to late adolescence around the ages of 15-16) is not necessarily disordered unless the attraction is coming from a separate age group.[166] If one and their spouse had decided to get married younger (as biology thinks they ought to), being a married couple in their late adolescents, they would be technically sexually attracted to a post-pubescent "child." Children to the age of pubescence are not naturally sexual creatures, but post pubescent children are certainly capable of sexually productive acts (but this doesn't mean 8 or 9 years olds should be engaging in the marital covenant even if capable).[167] In pornography, a popular category seen is milf (Mom ldLike to Fuck) or dilf (Dad l'd Like to Fuck).[168] Any kind of sexual familial attraction is disordered. These would include (sexual activity with one's

[166]https://www.britannica.com/topic/pedophilia

[167]https://www.ncbi.nlm.nih.gov/books/NBK534827/i:~.text-Puberti20is%20the%20process%20of,9%20and%2014%20in%20males.

[168] Information like this will not be cited for obvious reasons.

father, mother, sister, brother, aunt, uncle, cousin, grandpa, and grandma). Sexual pseudo-familial attraction is also a disorder. This would be sexual attraction to one's stepfather, stepmother, stepsister, stepbrother, etc.

The issue with these attractions is that not only do they all sexualize a relationship or step outside an appropriate age range, but incest also "corrupts family relationships and marks a regression toward animality" (perfectly stated by the Catholic Church).[169] The reason I place restraint on people dating within their age groups is not based on brain development but experience. Someone who has been alive for 34 years should not marry (even if it is valid) a person who is 19. The difference of life experience is too great to where I believe the perception of the 34-year-old to the 19-year-old would be fatherly or motherly (which would be a disordered sexual experience).

While I haven't found a study on incest (that discusses consenting adults), I think families engaging in sexual acts

[169] Catholic Church. 1997. Catechism of the Catholi- Church: With Modifications from the Editio Typica. New York. Doubledav. Page 634 (CCC - 2388).

with each other will cause great damage to the dynamic of the family. The family dynamic ought to be a place to grow closer to God and to learn what is socially acceptable and how to socialize in society.[170] The meaning of being a father, mother, sister, and brother revolves around the idea of achieving holiness and learning to socialize, and then socialization itself. This shouldn't be the reason not to commit or desire incestual acts but illness and genetic disorders also arise from inbreeding.[171] Even governments understand incest to be a contradiction to the family dynamic (regardless of it they have any sense of objective morality). Families are meant to grow together, not have sex together.

The last of the Sexual Social/Hierarchical Disorder are to one's friends, girlfriend, boyfriend, or even fiancé (or fiancée). Now many are probably surprised by this, but remember I am arguing that you (ideally) should not be sexually attracted to anyone but your spouse. There is no need to sexualize a desire when that desire cannot be met. Therefore, if one is

[170] https://www.parentingforbrain.com/why-is-family-important/
[171] https://cptsdfoundation.org/2022/04/18/incest-and-geneti-disonkn/

truly "saving themselves for marriage" or trying to become their ideal then they would avoid sexual attraction towards a girlfriend, boyfriend, and fiancé (or fiancée). For all those who think soaking is permissible, it is still a sexual act you doofus.[172] If you cannot acknowledge placing your sexual organ in another's sexual organ is not a sexual act, you, my friend, are retarded and lack the brain capacity to be allowed to vote. So, to all the horny couples, chill the hell out, give each other a kiss on the cheek or forehead and stop obsessing about things you cant do. There are much more difficult things to do in life than not having sex, so stop being a bitch and genuinely seek the good of the person you claim to love.

SEXUAL PLURALITY DISORDER

Sexual Plurality Disorder focuses its attention on violating God's command to keep sexual union between only two people.[173] Our bodies speak of this command. Biologically the reproductive (or sexual) organs are straight forward. If aliens came to earth to study humans, they would understand the purpose

[172] https://medium.com/@bwcutler1000/mormon-soaking-fact-or-fictieea5b8a48f84ea
[173] CCC 1625

of bringing reproductive organs in union is to reproduce. Our bodies do not speak of having sexual multiple partners which can lead to illness or STIs.[174] Now the article just cited does claim there are benefits to multiple sex partners, but in reality, the benefits are just from having sex, not necessarily multiple sex partners (you can have sex with your spouse twice a week and receive these same "benefits").[175] The study also claimed that multiple sex partners meant lower risk of prostate cancer.[176] However, frequent ejaculation lowers the risk of prostate cancer.[177] So perhaps as most of the time there is, people have tried to twist science to push their ideology onto others. Multiple sex partners do not equal a lower risk of prostate cancer, frequent sex does. I didn't see the probability of people with multiple sex partners having more sex than monogamous couples being considered within this study. Now many will justify that they have multiple sex partners and don't have

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[174] http://www.medicalnewstoday.com/articles/multiple-sex-partners#risks

[175] http://www.medicalnewstoday.com/articles/multiple-sex-partners#risks

[176] http://www.medicalnewstoday.com/articles/multiple-sex-partners#risks

[177]https//www.health.harvard.edu/mens-health/ejaculation_frequency_andprostate,cancer:-text-Compared%20to%20men%20who%20reported,testing%20were%20taken%20into%20account.

STIs, but this is generally in the means of safe sex.[178] If you don't have an STI and neither does the person you marry, then you are literally guaranteed to never get one if you stay faithful:

"If 2 people who don't have any STDS have sex, it's not possible for either of them to get one. A couple can't create an STD from nothing – they have to get spread from one person to another."[179]

Having this established, any kind of sexual act outside of the union of marriage (between one man and one woman) is dis-ordered. These would include gangbanging, sharing, harems, orgies, and any type of group sex. Of course, this shouldn't need clarification, but just to clear up any misunderstanding. This disordered attraction includes an attraction to *atogm* (ass-to-other-girl's-mouth), airtight (all holes of a woman being "used), blowbang (a woman performing oral sex for 2+ men at the same time), double penetration (insertion of the male genitals into a woman's anus and vagina), and those of this

[178] https://kidshealth.org/en/teens/std-odds.html
[179] https://www.plannedparenthood.org/blog/can-you-get-an-std-if-you-and-your-partner-are-both-virgins

nature. This disorder also includes attraction to others or oneself having public sex or getting caught. This involves others into the sexual act by sight when they have no ordered reason to be watching. Likewise, exhibitionism, sexual clubs such sting clubs), and flashing are also disordered, as they are revealing sexual organs of one's body to society (which can also fall into Sexual Degrading Disorder but depends on the intent of the person doing the act). Sex toys (dildos, fleshlights, buttplugs, etc) are also disordered. The sexual act involves ONLY the male and female, outside "aid" is not permissible. This does include a spouse using a 'toy" on their spouse. Our bodies were created with all the tools they need to perform the sexual act and bring the other to sexual climax.

Anything or anyone else within the marriage bedroom besides a husband and his wife falls into the Sexual Plurality Disorder. Attractions for cheating and cuckoldry (traditionally a man watching his wife have sex with another man) would fall into this. Obviously, cheating violates the marriage covenant of faithfulness. While cuckoldry essentially does the same thing

(as in breaking the marriage covenant of faithfulness), being attracted to cuckoldry is very dangerous because it not only destroys the sexual connection between spouses but connects the woman to another man and connects the husband to his wife breaking the marriage covenant. We ought to not enjoy someone lying, stealing, or harming us. In the same way, being attracted to one's spouse destroying the marriage covenant is gravely disordered

SEXUAL CREATIVITY DISORDER

Art is good! Art is Beautiful! Its whole point is to exhibit and showcase beauty and goodness. Its telos is to use the creative power of the human person to show an ounce of heaven. However, the disordered version of this would be pornographic images, videos, and literature which is pornographic. Something falls into sexual creativity disorder when it misuses the God-given power of creativity to create disorder (which points to hell) instead of something which reflects heaven. Something to note is that many Sexual Creativity Disorders fall under Sexual Plurality Disorder (as

the acts are done by engaging in sexual material and not engaging in sex).

This includes ecci, hentai, sexual cartoons or comics, 3D sexual "art", Al porn, and sexual video games. I am not saying explicitly just adult games and adult cartoons or comics, but also video games, cartoons, and comics with sexualized characters (characters wearing costumes or articles of clothing which are designed to be sexual. Cartoons, films, or comics with sexual jokes are also considered a deviation from good and are misusing the creative power). Attractions to sexual live-cams, sex-tapes, movies, snuff films, and pornography all fall into this disorder. In fact, any sexual act recorded or watched by anyone (including spouses) is disordered. While not all porn is acted by real human beings, being sexually attracted to anything not human, is also disordered. Attractions to erotic audio (this includes sexual ASMR), sexual literature, sexting, and sex-chats are disordered as well. Sexual ASMR is disordered because the whole point of ear-licking or these sounds is for arousal and not relaxation. I am not going to argue ASMR of someone rubbing

sand or eating food is disordered. However, it is a really strange way to waste your time. Regardless of whether that crap is sexually disordered or not, your ideal self is not sitting around listening to someone touch your ears with a duster, so cut that crap out.

The human person is not designed to see or watch sex but to engage in sex. An immediate issue is the chemicals in the brain. When a male watches or takes in sexual content while masturbation or orgasm, the dopamine released creates not a neurological connection to sex, but to watching sex.[180] This is why erectile dysfunction is becoming such an issue.[181] Men are becoming addicted to watching sex, not engaging in it.[182] Watching sexual acts has clearly screwed up our natural biological drive to reproduce. We have no real reason to believe losing the ability to climax (or finding climax difficult) due to sexual disorder doesn't occur. Another issue of engaging in sexual

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[180] Master Your Mind & Change Your Brain (4K) - Andrew Huberman | Modern Wisdom 496 (1:04:24-1:05:34)

[181] https:/www.ncbi.nlm.nih.gov/pmc/articles/PMC9922938/

[182] Master Your Mind & Change Your Brain (4K) - Andrew Huberman | Modern Wisdom 496 (1:04:24-1:05:34)

material is one makes themselves the outside party of the sexual act, which falls into Sexual Plurality Disorder.

SEXUAL DEGRADING DISORDER

Many disordered attractions fall into the *Sexual Degrading Disorder*. These would include any kind of BDSM (Bondage, Discipline or Dominance, Sadism or Submission, and Masochist), rape, pseudo-rape, bound (tied, rope, cuffs), choking, gagging, pulling hair, fisting, CBT (Cock and Ball Torture) and any kind of extremely rough or hard (the word which used by much pornographic content) sexual acts. What makes attractions to these acts disordered is that these acts place an emphasis on deriving pleasure from something which causes harm to oneself or another. "Human persons are willed by God; they are imprinted with God's image. Their dignity does not come from the work they do, but from the person they are."[183] Sexual harm would violate this dignity. Attractions to anal gape, anal sex, pegging, and strap-ons (a sex toy and therefore, also Sexual Plurality Disorder) fall into this disorder.

[183] (See St. John Paul II, On the Hundredth Year [Centesimus annus), no. 11)

Anal sex (including fisting, anal gape, pegging, strap-ons) would also fall into this category as it does cause harm to someone (regardless of what people say who justify this act). Besides just possibly causing pain, anal sex gives risk of chlamydia, gonorrhea, herpes, hepatitis, intestinal parasites, HIV, HPV, and syphilis.[184] Think about it, your anus is a bacteria infested Chuck-E-Cheese. What makes it reasonable with the risks and its telos (meant to be the back door for your food waste) to have anal sex?

Something to clarify is that some disorders within Sexual degrading Disorder seek to acknowledge the individual as human but seek to degrade and disrespect the human person. Other disorders within Sexual Degrading Disorder seek to take personality out of the human person or sexual act, turning the sexual act into something instinctive ignoring humanness and personness). Sexual Degrading Disorder involves attractions to ass eating or licking, ATM (ass-to-mouth), rimming, rimjob, pissing fetish, throwing up, and piss drinking. Firstly, we have already acknowledged anal sex to be a disordered attraction and

[184] https://www.plannedparenthood.org/blog/whats-anal-sex-what-are-the-risks-of-it

act. However, there are claims of a g-spot (orgasm spot) within the male anus. Regardless of if this is true, It is important to know the mouth is not meant to lick or "eat" bacteria infested food waste. Now while illness is a risk, I think the act is degrading. The anus is where our fecal matter comes out. It is literally the dirtiest part of us. "Eating" the place where crap comes out is beneath the dignity of the human person.

Attractions like foot fetishes, deep throating (not that same as oral sex, rough sex, and spitting (on a person or in their mouth) are also inherently disordered. While the feet are created by God and made good, obsession over the feet or anus tend to come with a desire of being degraded (like being stepped on or receiving a foot-job, because the person is not "worthy" of other methods of receiving sexual pleasure). However, one ought to not be disgusted by their spouse's feet. An ordered perception of the feet is one lacking obsession but genuine love for their spouse's entire body. To clarify, obsession over any part of a spouse's body would be disordered (my claim is that obsession over anything that isn't God is not ordered). As for

deep throating, it is different from oral sex. Later I will discuss why I think oral sex is permissible (at the very least oral sex performed for the female). The issue with deep throating is that it pushes the line between roughness and gentleness for the sake of pleasure. Forgive my vulgarness, but a man trying to push his penis as far down a woman's mouth to the point of gagging is disordered. Rough sex and spitting can easily be understood to be disrespectful to the human body.

As explained in the previous section some disorders seek to take the human aspect out of sex. It becomes animalistic and lacks personness Attractions to furries, animalistic behavior or costumes (example: a woman wearing a headband with cat earsand a butt plug tail), sexual acts with other species (including aliens, gods/goddesses, angel/demon/succubus), and bestiality would fall into this category. Besides the obviousness of marriage rights only being accessible to humans, seeking to do what is biologically the reproductive act with a species you can't reproduce with is where we find disorder.[185] Attraction to glory-holes, masks, and role-playing is all disordered as well.

[185] https://slate.com/news-and-politics/2006/11/can-humans-mate-vitn-other-animals.html

Trying to take away the personality of one's spouse and replacing it with something "new" or "different" finds its disorder within not experiencing the truest self of their spouse.

Breeding or impregnation (having sex for the purpose of having a child) is disordered. Now I am fully aware of the flack I will receive for this, but I am going to stick to this conviction. All of you who have had sex for the purpose of having children have disordered the act of marital union. The marital act is only for the unionization and bonding of spouses. If children become the fruit of this act, glory to God! Have you ever considered the science behind human reproduction? There are ways to increase the chances of having children with diets, exercises, lifestyles changes, etc.[186] However, is it true that even a man with high quality and quantity of sperm and a woman during ovulation may not conceive? Is it true that under perfect circumstances, conception is still potentially not possible? If so, perhaps it's something humans don't want to admit. Maybe God is truly in control of creation. Perhaps, we participate in

[186] https://www.healthline.com/nutrition/16-fertility-tips-t-get-pregnant#1.-Eat-foods-rich-in-antioxidants

creating by merely being tools. Maybe God is ALWAYS in control of when life occurs. This would certainly further the claim couples should focus on a beautiful union with each other, growing in sacramental grace. Having sex for merely impregnation reasons turns the act of sexual union into something animalistic and dehumanizing (the act is merely reproductive, like animals seeking the survival of their species).

SEXUAL UNPRODUCTIVE DISORDER

Sexual Unproductivity Disorder is probably the *trendiest* sexual disorder out of the categories so far. Funnily enough, this is certainly the section that will make that stereotypical boomer get upset they might be experiencing the same sexual disorder as homosexuality. Now I'm not throwing shots at the elderly. I just think those who think homosexuality is wrong but don't understand the "why" behind it are adult children only going to church because their mommy told them to. If you don't know why, for all I am concerned what you do doesn't matter.

Firstly, we must break a stigma. If you experience homosex-uality, I do not give two craps. You are not special.

This is not your damn identity. In my opinion the Catholic Church (the people, not the teaching) has treated you all who experience homosexual attraction like special sugar cookies, regardless of if they hate you or love you. Have you seen the long lists of sexual disorders I just gave (and we're not done yet)? Those of you who experience homosexual attraction aren't even experiencing the most dangerous or most serious disorders. Honestly, I hear a lot of "this isn't your identity, being a son (or daughter) of God is your identity" I swear I'm going to go cliff jumping off a tall building if I hear this bullcrap one more time.

There is nothing that grinds my gears and tickles my elbow more than that statement. Of course, homosexual attraction isn’t your identity, then why do you identify with it so damn much? Your environment (you, family, friends, bullies, culture, etc) has ingrained it into your system, and you need to LET GO. Frankly, I'm sick and tired of homosexual ministries turning into this "you don't have to carry this cross alone" kind of

vibe. Are you kidding me? Homosexual attraction and no disorder attraction is meant to be carried for a lifetime!

Daniel C. Mattson writes in his book *Why I Don't Call Myself Gay*, "I don't say I'm gay, because I accept the laws of my own being. I'm not a gay man, nor is any man."[187] I reject the notion that you are born with heterosexual or homosexual attractions (or any sexual attractions), as I reject the notion children are sexual creatures. All sexual disorders are environmentally influenced, and homosexuality is no different.[188] If you think children are sexual creatures (which have reproductive organs which don't work reproductively yet) you can go suck off John Money. How about them apples? Now that we cleared some smoke and I've cooled off a bit, let's jump into what attractions of acts fall into the *Sexual Unproductivity Disorder*. If I haven't made it obvious enough, homosexuality falls into this category. This is because homosexuality does not create life.

Now while I did mention impregnation was disordered, not being open to life or preventing life is disordered as well. To

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[187] Mattson, Daniel C. 2017. Why I Don't Call Myself Gay. San Francisco: Ignatius Press. Page 137

[188] VanderVeldt, James H. 1952. Psychiatry and Catholicism. New York: McGraw-Hill Book Company, Inc. Page 383.

understand why, let's do a very quick rundown of the basic goods. The basic goods find their origin in the philosopher, S.Thomas Aquinas writings of natural law.[189] The notion of the basic goods is that there are some goods that are intrinsically good. Though there is some dispute on how many basic goods Aquinas held, I am going to go with seven. The basic goods of Aquinas are: 1) Life ("preservation of human life"), 2) Reproduction (sexual intercourse), 3) "Education of offspring", 4) Seek God ("to know the truth about God",) "Live in society", 6) "Shun ignorance", and 7) "Avoid offense."[190] John Finis, a Thomistic professor of law at the University of Notre Dame, does slightly drift away from Aquinas in his own list of the basic goods. His list consists of: 1) Life (equates to "preservation of human life and "sexual intercourse", 2) Knowledge, 3) Play, 4) Aesthetic experience, 5) Sociability or friendship, 6) Practical reasonableness (equates to "shun ignorance"), and 7)

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[189] (Aquinas 2019, 228-230) Aquinas, Thomas. 2019. Summa Theologiae Prima Secundae, 71-114 (Latin-English Opera Omnia). Trans. Fr. Laurence Shapcote, OP. The Aquinas Institute. Steubenville: Emmaus Academic.

[190] (Aquinas 2019, 228-230) Aquinas, Thomas. 2019. Summa Theologiae Prima Secundae, 71-114 (Latin-English Opera Omnia). Trans. Fr. Laurence Shapcote, OP. The Aquinas Institute. Steubenville: Emmaus Academic.

Religion (equates to "to know the truth about God").[191] One may be asking, "Well with two great basic good lists, which do you choose?" Though a good question, I do not have an answer.

Now each basic good has prohibitions and positive injunc-tions.[192] For example, the basic good of life or *preservation of human life*, a prohibition would be murder. The act ofmurder is a prohibition because the act of murder instead of preserving human life, destroys it. Another prohibition of Life or Reproduction is abortion of contraception, because it seeks to destroy or prevent life. Of course, destroying life is clearly contrary to the basic goods, but why is preventing it? Prevention applies to all basic goods. For example, not only is not worshiping a prohibition to the basic good of seeking God but also trying to prevent someone from worship. Not only is poisoning the minds of youth a prohibition of education of youth, but also neglecting to put children through the best formation accessible. This is why the Catholic Church refuses to

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[191] Finnis, John. 2011. Finnis, John. 2011. Natural Law and Natural Rights. New York: Oxford University Press. Page 85-89

[192] (Aquinas 2019, 228-230) Aquinas, Thomas. 2019. Summa Theologiae Prima Secundae, 71-114 (Latin-English Opera Omnia). Trans. Fr. Laurence Shapcote, OP. The Aquinas Institute. Steubenville: Emmaus Academic.

hold hands with contraception, because while it doesn't kill life, it does prevent the possibility of life. In all, the reproductive organs being used without the openness to the creation of a child is disordered. Something to possibly meditate on is that the child represents the love between the spouses. If one is not open to the possibility of a child, the act of love is no longer a full act of giving. It holds back the love that should be given fully.

"Cum eating" and swallowing, condoms, JOI, facials (ejaculation on one's face), and masturbation are disordered as well. This is because the male ejaculation does not occur within the vagina of the woman, which defeats the whole point of being open to life. The last *Sexual Unproductivity Disorder* is only one party having an orgasm. It is necessary for the sexual act to be a complete self-giving and receiving of spouses. Until both parties have reached climax, the sexual act is not complete. Let's look at what Karol Wotyla has to say on the matter of single orgasm:

"From the viewpoint of loving another person, from the position of altruism, it must be required that the conjugal act should serve not merely to reach the climax of sexual arousal on one side, i.e., that of a man, but happen in harmony, not at the other person's expense, but with that person's involvement."[193]

Wotyla continues:

"Sexologists state that the curve of sexual arousal in a woman differs from that of a man: it rises more slowly and subsides more slowly. Anatomically, this arousal proceeds just as in a man (the center of the stimulation is situated in the nerves S2-S3). The organism of a woman, as has been mentioned above, reacts with a greater ease by arousal from various places of the body, and that, in a sense, compensates for the fact that the arousal in her case rises more slowly than in a man. A man should be aware of that, not because of hedonistic but of altruistic motives. In this sphere there is some rhythm bestowed by nature itself, and this rhythm should be sought and found by both spouses, so that the climax of sexual arousal takes place both in a man and in a woman, and that it occurs inasmuch as

[193] Love & Responsibility, Ignatik 257-258

possible in both spouses at the same time. The subjective happiness they then suffer together possesses plain characteristics of that frui, i.e., the joy proceeding from the conformity of actions with the objective order of nature. On the other hand, ego-ism-in this case we mean rather the egoism of a man—is most closely associated with that uti, in which one party strives only for one's own pleasure at the other's expense. It is evident that the elementary recommendations of sexology converge with ethics.

A failure to observe these recommendations of sexology in conjugal intercourse is contrary to the good of the spouse and to the durability and cohesion of marriage itself. We must takeinto account the fact that a natural difficulty exists concerning the adaptation of a woman to a man in conjugal intercourse, a certain natural inequality of the bodily-psychical rhythm. Hence, there is a need for harmonization, which is impossible without good will, especially in a man, and without a careful observation of a woman. If a woman does not find this natural happiness in sexual

intercourse, then a danger emerges that she will experience (przezywad) the conjugal act in a way that is not fully-mature, without the commitment of her whole personhood. This way of experiencing (przezywac) particularly facilitates the evoking of a neurotic reaction, e.g., secondary sexual frigidity. At times this frigidity (frigiditas) is a result of some inhibition on the part of the woman herself, some lack of involvement on her part, for which she is sometimes culpable. Most often, however, it is a result of egoism on the part of the man, who fails to acknowledge the woman's subjective longings in intercourse and the objective laws of the sexual process that takes place in her, and who seeks merely his own satisfaction in a way that is at times even brutal.*"[194]

In Wotyla's footnote, he writes:

**It is known that the normal course of sexual intercourse is at times disturbed by an egocentric focus of attention on one's own lived-experiences. The spouses should remember that their bodily intercourse constitutes at the same time a mystery of their spiritual union in love and reverence. The complete

[194] Love & Responsibility, Ignatik 257-258

absorption of their consciousness by (especially one's own) sensual satisfaction turns out to be dangerous and equally harmful to the biological, psychical, and moral sides of theact."[195]

I understand this might seem like a large amount of homework to read, but as David Goggins says, "Never stop learning." Everything Wotyla presents here is incredible and a game changer. The world only changes on the shoulders of men like Pope John Paul II, dedicated to fighting against disorder. Only one person orgasming is not the completion of the beautiful act. It takes away beauty from one of God's most beautiful creations, making a person into a mattress hole or something to get off on. In fact, I label this act as more disordered than homosexuality. Homosexuality is sexualizing something that doesn't need sexualizing and then being an unproductive sexual experience altogether. Homosexuality is an attack on the archetypal idea of the marital act within the mind of God. However, the uncompleted marriage act is an infiltration of the Sacrament of Marriage itself. It's using the Sacrament of

[195] Love & Responsibility, Ignatik

Marriage as a tool for masturbation (justifying selfish release by using one's spouse). So, to all who keep attacking those who experience transgenderism or homosexuality, you have your own shit to figure out. As for those who identify with their attractions, stop being a sugar cookie. We all have sexual disorders which need ordering.

SEXUAL BIOLOGICAL DISORDER

Sexual Biological is the last of the disorders, but I think I should mention the order I presented these disorders has no significance. While attractions within the Sexual BiologicalDisorder have existed for a while now, some made a massive increase in popularity during the 2010s.[196] Sexual Biological Disorder involves attractions that aren't ideal. Turning back to the idea of ideals in the mind of God, He has this ideal version of us. His ideal version of us is not a distortion of the human body, but us in our proper physical and spiritual health in accordance with our biological sex. Disordered attractions would include futanari, transgenderism,

[196] https://www.vice.com/en/article/9kee5z/trans-visibility-rights-2010s-review

transvestism (cross-dressing), shemales (lady-boys), petite (or underweight), BBW (big-beautiful-woman) or overweight, ssbbw (super-sized-big-beautiful-women. Must be 400+ pounds), and bears (not the animal, but overweight men engaging in homosexual acts).

We'll discuss the trans issues first. In the beginning, God made us (in the beginning, creation followed His will. Nothing was disordered yet) male and female.[197] Therefore, anything that involves being what isn't *actually* (not necessarily potency) a real form (like a shemale) in the mind of God is disordered. Turning away from the ideal God has for you is also gravely disordered, so choosing to invert your penis into a pseudo-vulva is disordered.[198] The same applies to women having skin cut off to form pseudo-male genitalia.[199]

Crossdressing is not as much of a gray line as some think it is. Fabric does not have sex to it, and you shouldn't

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[197] Genesis 1:27

[198] The inversion is called a Vaginoplasty: https://www.mountsinai.org/locations/center-transgender-medicine-surgery/care/surgery/male-to-female:-text-visible%20after%20healing-,Vaginoplasty,had%20orchiectomy%20in%20the%20past

[199] more information: https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/phalloplasty-for-gender-affirmation

sexualize it. However, societies will always have clothing that tends to showcase female or male features more. Dressing in ways that are socially feminine if your male is disordered. Harry Styles isn't a fashion icon or hero.[200] While dressing in a tunic is not disordered, wearing a flowery dress is socially feminine and disordered for the male to wear. Why? Now take high heels for example: high heels were created for men riding horses, but gradually became an exclusively feminine shoe.[201] If society found high heels to be useful for riding horses again, then it would not be disordered for men to wear them. Why would I make this claim? See, the problem is not the clothing or even social perception of that clothing but dressing with the intent of trying to look feminine if you're male (or masculine if you female) is disordered. In all, the ordered way of dressing firstly involves not giving into vanity but seeing clothing as a utility or a tool for whatever your activity is. However, in all things we should reflect heaven, so seek to dress in a manner which compliments your biological sex or at the least do not

[200] more info: https://www.vogue.co.uk/gallery/harry-styles-style-evolution
[201] https://artsandculture.google.com/story/the-high-life-a-history-of-men-in-heels/iQJCgMgwSKV5Kw#

engage in clothing items seeking to be more feminine if you're male (vice versa).

I understand that humans are imperfect and cannot achieve Brad Pitt's physique from fight club or a female model. Yet, I call bullcrap on that excuse. Stop being a bitch and go do what you know is good for you. Yes, that's going to involve moving your body off the couch and not shoving your face with Doritos all the time. However, you know it is good for you. Not everyone should look like Bradley Pitt or a model, but you should look like your healthy ideal. This brings us to why being attracted to overweight or underweight (generally unfit overall) people is disordered. They are not aimed at their ideal form of being healthy and fit. Therefore, you are being attracted to a form of them that God does not have in His mind. Your spouse is not overweight or underweight in God's mind. They are an awesome and glorious creation. Aim at that and encourage those around you to achieve their ideal spiritually, physically, and psychologically.

ORAL SEX

Now earlier when discussing Sexual Degrading Disorder,"deep-throating" was labeled as a disordered act and desire. However, oral sex does not fall into this category. There are moral theologians who reject oral sex as a disordered act.[202] On the other hand, I don't. Now this isn't because of some sort of conscious or unconscious justification. As you will see, men might not be permitted to have oral sex performed on them. Firstly, we will discuss oral sex being permissible in relation to the female, because the same arguments do not apply to the male.

Sexual stimulation is what leads a person to orgasm which is necessary for the completion of the sexual act.[203] While stimulation has been said to occur in other areas of the vulva besides the vagina, supposedly including the labia minora.[204] Each part of the vulva has its purpose, whether this be secreting lubricant, causing pressure through blood flow, or providing

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[202] Aquinas, Thomas. 2012. Summa Theologiae (Secunda Secundae, 92-189). Trans. Fr. Laurence Shapcote, OP. Green Bay: Aquinas Institute, Inc. Q 154, A. 9 (page 479) and A. 12 (page 484)

[203] https://my.clevelandclinic.org/health/articles/22969-orgasm

[204]https://www.osmosis.org/answers/labia-minora#:-text=The%20labia%2Ominora%20are%20the,opening%2C%20hymen%2C%20and%20citoris.

cushioning for the sexual act (everything has telos). However, we will focus our attention on the clitoris, which "functions as a sensory organ and "exertion of pressure onto the clitoris is believed to induce a pleasant sensation during sexual arousal."[205] Aquinas sees oral sex on both male and females impermissible because he labels them as unnatural act.[206] Now my question for Aquinas is: it makes sense the stimulation on the exterior of the male reproductive organ causes sexual pleasure (because the vaginal opening takes care of stimulating), but why would God add stimulation to the external of the vulva (outside the vaginal opening) if sexual stimulation for female should only occur within the interior? It makes no sense to create a sexual stimulator on the exterior if it is immoral. Now I'm not arguing against Aquinas' argument for naturalness to the sexual act. Rather, I am saying oral sex (at least performed on the female) is not an unnatural act. If oral sex performed on the female was

[205]https://www.ncbi.nlm.nih.gov/books/NBK547703/#:-text=The%20chitoris%20(which%20is%20homologous,clitoris%20is%20the%20corpus%20cavernous.

[206] Aquinas, Thomas. 2012. Summa Theologiae (Secunda Secundae, 92-189). Trans. Fr. Laurence Shapcote, OP. Green Bay: Aquinas Institute, Inc. Q 154, A. 9 (page 479) and A. 12 (page 484)

unnatural, this would make the clitoris itself a disordered part of the body.

Unlike men, women do not have an obligation with their orgasm. What I mean by this is women don't have a moral obligation to orgasm with the male genitalia inside of them (the male has a moral obligation to only ejaculate within the vaginal opening). Not doing so would violate the basic goods discussed earlier. There are studies that show women are capable of orgasm without the male genitalia.[207] Yet—this is irrelevant. I think if it provides sexual pleasure to the women and it's possible to reach climax, there is no reason for oral sex on a woman to be sexually disordered. In conclusion, I think oral sex performed on a woman is morally permissible and encourage to do so if it leads to the completion of the sexual act.

Oral sex performed on the male is much more difficult to understand. As stated before, the exterior stimulation is already possible without oral sex having to be performed. Now we can argue this topic in several different ways. The first way,

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[207] https://www.psychologytoday.com/us/blog/all-about-sex/202101/how-long-does-it-take-women-climax-during-intercourse

is the telos argument (which for the female, permits oral sex) which doesn't seem to allow oral sex performed on the male. This is because there is no need or real purpose for oral sex (as there might be for the female) to occur. Secondly, there is the argument for equality, which I genuinely don't think is that strong of an argument. This argument thinks that men and women should both be able to enjoy oral sex.

However, this doesn't really stand because men and women are different creatures. Human beings don't just differ in a person's reproductive organs or bones, but in the nervous system as well. In fact, the brain looks and acts differently for each sex.[208] While men and women are valued equally, they are not biologically the same (hence being labeled male and female). Therefore, we can scratch this argument. Another argument is that of simplicity and what I think most will be attracted to. Oral sex doesn't seem to harm man nor woman and as long as the man completes the act within the womb. However, I don't like flimsy arguments (and subconsciously no one does) because

[208] https://stanmed.stanford.edu/how-mens-and-womens-brains-are-different/

they're just an excuse. So, my personal preference will be oral sex is not permissible for the man and a disordered act.

I think spouses should certainly discuss this topic between themselves. They must remember that marriage equals death. Robert Johnson thinks marriage doesn't force the death of man.[209] This is not so. Not only does the girl die (and is reborn as a woman), but the boy too dies (and is reborn as a man because he is now responsible for a microcosmic society (the family], forcing him to die to his own passions and embrace duty).[210] The mutual submission must be recognized for the ordered sexual experience to occur.[211] Remember to keep in mind sexual acts of horniness or just seeking sexual gratification is disordered. Remember, we are not meant to be dopamine-addicted monkeys, so keep control of your passions.

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[209] Johnson, Robert A. 1989. She: Understanding Feminine Psychology. New York: HarperPerennial. Page 16-18

[210] Johnson, Robert A. 1989. She: Understanding Feminine Psychology. New York: HarperPerennial. Page 12, 16-18

[211] West, Christopher. 2018. Theology of the Body for Beginners: Rediscovering the Meaning of Life, Love, Sex, and Gender. North Palm Beach: Beacon Publishing. Page 134-135

THE ORDERED SEXUAL EXPERIENCE

With all these rules, where is the place for creativity? What does the ordered sexual experience look like? This is what I'll try to answer. I personally don't like gray areas and I question whether anyone else does either. I tried to identify as many sexual disorders as possible to avoid any confusion. The ordered sexual experience works off the baseline of spouses coming together in union. Ridding oneself of sexual disorder does not take away from uniqueness or the creativity of sexual experience.

The sexual act must stay between the married couple (never entering into the Sexual Plurality Disorder). Secondly, intention is very important. I don't think the couple should enter the marital act just to satisfy one's sexual longing (because they're horny). There is a joke among a catholic circle I used to be a part of. It would go along the lines of saying men experience a lot of horniness and that's how God intended it, this is why you see such big catholic families. That's bull crap. Sexual drive should be directed to being in union with

one's spouse, not satisfaction of one's horniness.[212] If one merely uses their spouse as a tool, this enters into a type of *Sexual Degrading Disorder: Dehumanization*.

With this in mind, the couple is free to express love to each other in many ways, and I mean many. Now while obsessing over feet is disordered, kissing one's spouse's feet is not disordered. In fact, kissing any part of their body is far from disordered. The marital embrace should look like an embrace of each other's entire being (even the parts of us that are still wounded or disordered). The narrative of Sleeping Beauty is a prince's kiss that awakens the princess from her deep sleep. Sometimes to order the shadow, we need someone else to kiss our ugly and disfigured unconscious state. Someone else kissing our wounds may make us less scared of our shadow, because the part of ourselves we reject, is not rejected by another. This is what the embrace is about, a unionization and embrace of two figures, becoming "one flesh."[213]

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[212] No. I'm not citing this claim and I shouldn't have to. I make the claim that having your spouse be a mattress hole for your horniness is wrong.

[213] Genesis 2:24.

The ordered sexual act keeps in mind the other person at all times. It's understanding the act was intended to be erotic, but erotic in the right sense. A story I really enjoy is that of Jacob and Rachel meeting each other. The narrative reads "As soon as Jacob saw Rachel, the daughter of his mother's brother Laban, and the sheep of Laban, he went up, rolled the stone away from the mouth of the well, and watered Laban's sheep. Then Jacob kissed Rachel and wept aloud.[214] I don't know about you, but this is an intense way to meet, but that is in the perspective of a modern dehumanized and disordered man.

Something that tugged at my heart was a video on YouTube called "SURPRISING FRIENDS and FAMILY after 3 YEARS" created by Ahrièn Azodi. The way his family weeps at the sight of him is something many Americans would be thrown off by. His mother was not the only one crying, but his father, uncle, aunts, and cousins. We ought to weep at the sight of people that should mean something to us. We ought to kiss the people that should mean something to us. Now I'm not suggesting on the lips (seems too sexual in my opinion, but maybe that's the chaos at work -

[214] Genesis 29

unlikely though) but kisses on the cheek or head are a beautiful custom Americans haven't assimilated to (and we should). We should see the beauty of a dear friend, embrace and kiss them. Jacob does this. He sees beauty which God has created in a complete stranger. Weeping and being overcome by emotion by encountering creation is the ordered response.

Christopher West talks about "the double rainbow guy" on YouTube.[215] I encourage you to watch this video. It's not supposed to be funny for those of you who lack understanding of the human person. This guy, who is most definitely baked, reacts perfectly to a double rainbow. Something he asks in the video is "what does it mean?" This is how spouses should react to each other sexually. The sexual experience isn't meant to be animalistic or dehumanized. It's meant to be worship. Keeping the question, "what does this mean?" in mind is essential to an ordered erotic experience. The meaning is a union, mirroring the union of us and God. It is of the utmost importance to encounter God

[215] West, Christopher: 2012. Fill These Hearts: God, Sex, and the Universal Longing. New York: Image. Page 6.

authentically and the marital bedroom should mirror this love between God and man.

With this in mind, love is trusting in another person so much that you give them control over yourself. This is dangerous! Perhaps more dangerous than you think! Do you realize the danger in giving your complete self to someone. Do you realize the danger in giving your complete self to someone. They receive the control to bring ruin and chaos upon your existence and not any kind of chaos. While this chaos can be healed from, this chaos will leave its scarring. However, if one wants real and authentic love, you must take the risk of a societal collapse within oneself. You must take the risk of doing something not sensible, something your soul (which acts out of self-preservation) should be afraid of. So, stop watching porn, go on a hike or a road trip, kiss your friends and family (sometimes strangers), and learn to weep at beauty. You will see your sexual experience change and your experience of life as a whole change.

I would lastly like to end this chapter with some absolute fire-sage-advice to couples from Jordan Peterson (this bumper-sticker is a biggie):

"Arrange some dates, and then practice making those dates and going on them until you are expert at it. Negotiate, and practice that, too. Allow yourself to become aware of what you want and need, and have the decency to let your partner in on secret. After all, who else are you going to tell? Devote yourself to the higher ideal upon which an honest and courageous relationship is necessarily dependent, and do that with the seriousness that will keep your soul intact. Maintain your marital vows, so that you are desperate enough to negotiate honestly. Do not let your partner brush you off with protestations of ignorance or refusal to communicate. Do not be naive, and do not expect the beauty of love to maintain itself without all-out effort on your part. Distribute the requirements of your household in a manner you both find acceptable, and do not tyrannize or subject yourself to slavery. Decide what you need to keep yourself satisfied both in bed and out of it. And

maybe--just maybe--you will maintain the love of your life and you will have a friend and confidant, and this cold rock we live on at the far end of the cosmos will be a little warmer and more comforting than it would be otherwise. And you are going to need that, because rough times are always on their way, and you better have something to set against them or despair will visit and will not depart. Plan and work diligently to maintain the romance in your relationship."[216]

[216] Peterson, Jordan B. 2021. Beyond Order. New Delhi: Penguin Books. Page 301.

The Meeting of Jacob and Rachel (1853) by William Dyce

VI

Metamorphosis

THE ATTEMPTS

Before we dive into the method of ordering sexual chaos, I want to look at attempts to cure sexual disorders. Firstly, I am unsure what to make of conversion therapy, which is "any emotional or physical therapy used to 'cure' or 'repair' a person's attraction to the same sex, or their gender identity and expression."[217] I don't know if I would suggest it or not. If it is merely a person going to therapy to talk about their experience with sexual disorder and how they came to experience it, then I see no issue. In fact, I would suggest going to talk to a well-formed individual (not a nutjob hedonist telling you to do whatever you feel like) about such issues. In all, if the conversion therapy is to help someone truly heal from sexual

[217] https://www.webmd.com/sex-relationships/what-is-conversion-therapy

disorder by helping them to not identify with it and see it as a momentary illness (lifetime illness it they choose), then I don't see anything to be of concern.

Pain's place within the process of rewiring the brain to fix sexual disorders can be confusing as well. For example, I came across a technique of someone trying to break a porn addiction. This technique was to wear a painful rubber-band. Anytime this person felt an urge to watch porn, they would use a rubber band to harm themselves. I am unsure if this is permissible. While on one end if you are trying to rewire your brain to find sexual disorder as painful, it may cause you to see sexual disorder exactly for what it is: something painfully disgusting, It's the greatest tool used by *the murderer* to bring God's children to hell.[218] This pain allows a person to see filth for what it is. However, besides the problem of ends justifying means, this pain might be associated with all sexual desire (which would not be good). I recall two things Dr. West revealed in the talk I attended in 2018. Firstly, sexual desire is good and secondly, one of the greatest gifts given to man by God

[218] John 8:44.

(Nature, Universe, etc). One must understand this if they are to heal from sexual disorder and transform their desires. See, our goal here is to rid ourselves of sexual chaos, not sexual desire. While neuroscience has its place in healing the human person from chaos, if you want to heal (not just rewire your brain), then you will need a lot more than a rubber-band.

Another attempt I see many men make is that of Covenant Eyes or other types of porn-blockers. However, I don't like suggesting this option since it doesn't focus on blocking pornographic content as much as it seeks to create accountability. The price they demand for their mediocre software is in my opinion capitalizing off another's suffering and weakness which is no different than what pornography is doing. Going deeper into accountability, I am aware of those who go to SA (Sexaholic Anonymous) or SAA (Sex Addicts Anonymous). Now while this may work for some, accountability doesn't always work for everyone (but is still an essential aspect of true friendship). If this is your case, I wouldn't suggest Covenant Eyes or SA (or SAA).

THE CURE

Now let's examine a possible cure for the sexual disorder which would bring ruin upon any attempt to have an ordered sexual experience. Yes, I do truly believe all sexual disorders (even homosexuality) can be cured. In my experience (and I bet in yours as well) society and even the Church (as in the people, not the teaching) have conveyed the notion homosexuality is a cross a person must carry chastely for their entire life. However, we must remember not to focus on a sub-disorder of the eight disorders. I think this causes a person to identify with their sin or experience. For example, let's say there is a man who experienced sexual attraction for prepubescent children but chose to kill this desire. Let's say he was even around children (maybe even children of his own), but only interacted with them as he knew he should. Do we call this man a pedophile? I certainly wouldn't, I would say this man is virtuous and good. I would even say I want to be like him more. I admire those who choose to purge disordered desire (which is a very uncomfortable and painful process) instead of indulging disordered experience.

I think many would agree that man is not called to carry the burden of being sexually attracted to children his entire life and that healing is possible. I've seen people heal. I am a witness to true healing. Stop identifying with a cross you must carry for a moment, not a lifetime. You are not homosexual, heterosexual, pansexual or any of the above. Rather, you are you, a creature with attractions towards goods. It's your choice to sexualize or romanticize those attractions.

In *The Great Divorce*, C.S. Lewis presents a creative thought of some ghosts in limbo (not entirely sure if he meant purgatory or hell, which doesn't actually matter) who have an opportunity to get into heaven. One of these ghosts (the protagonist) watches another ghost with "a little red lizard" on his shoulder.[219] The ghost with the red lizard is asked by an angel if he would like to have his annoying red lizard killed.[220] After much justification of why he can't allow the angel to kill his little pest, the angel finally says, "Have I your permission?"[221]

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[219] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 106.
[220] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 107
[221] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 110.

The ghost responds, "I know it will kill me."[222] The angel then says, "It won't. But supposing it did?"[223] The ghost finally gives in, "You're right. It would be better to be dead than to live with this creature."[224] The angel then destroys the lizard, throwing it on the ground.[225] The man is then transformed into a "brighter" and "stronger" man and the lizard into a stallion "silvery white but with man and tail of gold."[226] Once we acknowledge the existence of sexual chaos as a pest we can be purged from, we can move forward to our ideal, and our desires can be transformed. It will be painful, and the process might even feel like death itself. However, as the ghost wisely understood, death is better than living with the pest.

The steps to ordering the sexual chaos is not going to be an unattainable list of to-dos with unreadable in-depth paragraphs. I will keep the steps as simple as I can. Something to note is that these steps can be used for any chaos emerging in one's life. The *first step* to reordering one's life is

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[222] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 110.
[223] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 110.
[224] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 110.
[225] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 111.
[226] Lewis, C.S. 2001. The Great Divorce. New York: Harper One. Page 110.

self-awareness. It's a real acknowledgement and an understanding of knowing you are a being, that you have a problem, that you are not the problem itself (you are the sinner, but not sin itself), that you can fully recover from the wounds of the beasts (the disorders/chaos), and eventually defeat the great beasts. The self-awareness that you must stop identifying with your struggle is essential. For your own sake, let go of your "conviction" you are a child of God and not your sin. Let go of that "conviction" if you don't really believe it. If you do truly believe you are a child of God and are ready to change without any excuses, you are in the right state of mind. Stop identifying with your struggle all the time. It's time to let go. Seriously you're doing it, and you don't even realize it. You need to truly realize if humans can accumulate disorder, then the disorder is also able to be dissipated. Feelings, emotions, and desires are not guaranteed permanency within the human person.

Now that you've completed the first step, the *second step* speaks of practice. You must engage with the good. Like blurry

eyesight, the eyes of your soul have become blurred, and everything appears in a disordered perception. Reality must become good and beautiful again. The path to true sanctity is not by covering your eyes at the sight of chaos but seeing the good within the chaos. At that talk from Christopher West mentioned earlier, He told a story about two bishops walking through Rome. They were passing a brothel; one bishop covered his eyes and hurried past. The other bishop turned his eyes towards the brothel. After the two had passed the brothel, the bishop who had covered his eyes asked why his companion had not. He responded saying, "There's a difference between looking and seeing." Dr. West described looking as merely perceiving the physical aspects of a creature. ***Seeing*** is perceiving the person or thing that God has created in its fullness. As seen with all the disorders, anything can become sexualized (even inanimate objects). You must practice seeing the entire created world as good and beautiful. The disordered persons or things must be seen past their chaos, peering into who or what they are meant

to be. One must practice seeing the good and beautiful in all things, including oneself.

You have gained self-awareness and now try to see the created world for the good that God intended it to be. The *third step* and final step is all about becoming your ideal. This is where sanctification occurs. Now to practice the third step you do not need to perfect the first two. In fact, I question the ability to perfect the first two steps without the third. The Church (including the individual) follows Christ everywhere He goes. This includes to the cross, to hell, and to our resurrected and glorified form. If you want to become your ideal, you must die alongside God (allowing Him to rid us of distortions in our soul) and go to hell (endure the pain of experience and perception not always going the way you'd like). However, in spiritually dying, you allow God to resurrect and recreate you in your ideal form. The third step is to become submissive in front of the creator for Him to recreate you. You will never be your ideal until you return to God, but in this

life, you can let parts of you die and be recreated to look more like your ideal, Christ (discussed earlier).

The ordering of sexual chaos can be divided into three steps: **1) Become self-aware of your state; 2) Correct your vision; 3) Chase your ideal self.** While what I will mention next isn't necessarily a step, I do think it is almost essential to rid oneself of chaos. I would greatly suggest getting rid of all social media and any kind of browser. It's very unlikely it is helping you order your life. Besides that, you waste so much time which could be dedicated to your potential.[227] If you have an Apple phone, you can turn your phone into a dumb phone by blocking Safari and App Store, just have someone else's Apple ID be your failsafe for the Screen Time passcode (which you should also have someone else know your Screen Time passcode). If you don't need a computer for work, get rid of it. If you need your computer for work, then leave it at work. If you work remotely, then get creative with it. I'm not going to lay out every pathway for your excuses. If you want to truly fix this issue, you have the means to do so. If you live alone, don't have a TV.

[227] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 251

However, I do think movies are good so get roommates instead and have a communal TV. Movies are stories and stories teach us things about ourselves.[228] Movies should be reflected on and not merely used as a means of distraction (some of you might have to get rid of a TV altogether). When approached with the right attitude, I think movies, tv shows, and books remind one of ideas and lessons (this is a much healthier option instead of using social media to relate with the collective). Begin to view movies as a story revealing something about yourself. Let it strike you. For example, here are my thoughts of The Secret Life of Walter Mitty (This literally was right after finishing He by Robert A. Johnson, which was heavily on my mind):

This film is all about becoming your ideal and growing cojones. Walter is in midlife and is seeking to return to the castle of the holy grail. In the Space Oddity scene his blanche Fleur reveals his motives for greatness. When facing dragons you encounter risks. Todd acts as consciousness and awareness (seeking for Walter to dig into his unconscious. He is the self screaming out. Todd asks, "Why don't you just talk to her?" Adaption: man's

[228] Peterson, Jordan B. 2021. Beyond Order. New Delhi: Penguin Books. Page 37

creativity is seen in the rocks + tie = longboarding gloves. Walter returns to the inner child when encountering the longboard. This can be seen in his childlike smile (not sure if the same smile is seen in the film yet). Papa John's: returning to youth. Leaving because dads death. Doesn't encounter shadow...doesn't ask the grail question to the Fisher King? When gazing at the snow leopard, Sean says, "Beautiful things don't ask for attention." Mother saves the day, keeping the wallet. The mother (old lonely lady without a husband) is the hermit, directing Walter to the self (grail castle). Finally, Walter encounters the dragon, his boss.

Another two quick examples are Megamind (which tells the story of one [Titan] who can't control their shadow, making him dangerous to himself and society) and Captain America (a shit film about not working hard and finding the easy way to greatness. Captain America lacks greatness because he lacks adversity in his life). So, try to sit down and force yourself to watch *Fight Club* or *The Proposal* in one sitting and think about what the story is revealing.

Learn to enjoy being present in the moment regardless of whatever activity you're doing. Learn to enjoy doing the dishes, cooking, cleaning your home, and other chores. Turn chores into an event you get to do. Think of cleaning your toilet as the luxury of having a toilet. Think of cleaning your home or making your bed as the luxury of having a shelter or a bed to make. We need to get your brain to release way less dopamine than it is currently (and redirect that dopamine towards things you should be doing). Learn to enjoy meals for the sake of enjoying the meal. Learn to enjoy working out or working on a project (like a garden or learning how to play the piano). Go to art museums, begin to re-*see* what is beautiful. Go touch some grass and get out in mother nature for a weekend. There's so much to do. Living life to the fullest without distractions will allow you to see the world as beautiful. While doing these things, chase your ideal. You need to get to a point where you are okay with dying. David Goggins writes, "I was okay with dying because I had lived 10 lives already."[229] Conquer fears you have and push yourself past limits. Plan battles. Becoming self-aware,

[229] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 342.

changing your perception, and conquering yourself will lead you out of the chaos (or at least create a stronger version of you). Doing these steps will allow the Creator to recreate you into what you're meant to be.

SHAVE YOUR HEAD

Something that may aid in the mindset of this chapter (and this book in its entirety) is shaving your head. Shaving your head puts you at ground zero. Ground zero is "a mindset that says my refrigerator is never full, and it never will be."[230] This is the mindset of *the fool*, one who thinks "it is better to presume ignorance and invite learning than to assume sufficient knowledge and risk the consequent blindness" and is why "Carl Jung regarded the Fool as the archetypal precursor to the figure of the equally archetypal Redeemer, the perfected individual."[231] In fact, salvation often comes from the fools in stories.[232] McConaughey writes, "I don't know if you've ever shaved your head before, but if you have, you know it can be gnarly under

[230] Goggins, David. 2018. Can't Hurt Me. Lioncrest Publications. Page 284.
[231] Peterson, Jordan B. 2021. Beyond Order. New Delhi: Penguin Books. Page 17-18.
[232] Johnson, Robert A. 1989. He. New York: Harper & Row, Publishers. Page 11.

there. I had dents in my cranium, a psoriasis patch, and my scalp was chalk white."[233] You know what? Matthew is right. Yet you must shave everything off to see what you got under that hair. This simple haircut can represent the goal of becoming your ideal. Strip down everything and start from ground zero.

Part of being a fool has to do with how one approaches relationships. I am of course, assuming you started practicing the listening/advice/seeking good dynamic mention earlier in the **TRIBE** section. The next step is embracing the disposition of the fool. The fool mindset means "always be willing to embrace ignorance and become the dumb fuck in the classroom again" and gaining knowledge from those around you. What do they have to share? What is important to them? Why? Some of my favorite questions to ask strangers are, "What did you want to be when you were a kid?" or "What was your childhood dream?" and "Why did you stop pursuing that dream?" and "What's the current dream or goal?" People will certainly tell you a great story and you will likely learn a thing or two from the adventure they take

[233] McConaughey, Matthew. 2018. Greenlights. New York: Crown. Page 188.

you on. If you want to become your ideal, you must become the fool first.

Growth can be a scary process. While this can be for many reasons, for many modern men, this is because of complete obedience to their mother complex. If you want to become something greater than what you are (the production of your parents) you must disobey them to an extent.[234] It's quite obvious you are not everything you ought to be and letting go of things that hold you back is necessary. This is like Peterson's Rule I in Beyond Order: "Do not carelessly denigrate social institutions or creative achievements."[235] You need the basis and tradition you have been provided by society, parents, community, and religion. Yet, you must transcend that basis, for creativity is not a crime (or at least shouldn't be). Growth is certainly scary and dangerous, but the lack of growth should frighten you even more (for its danger is incomparable to the prior).

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[234] Johnson, Robert A. 1989. He. New York: Harper & Row, Publishers. Page 25-27, 48-52.
[235] Peterson, Jordan B. 2021. Beyond Order. New Delhi: Penguin Books. Page 2.

EPILOGUE

For those who made it through this mess of a book, I want to genuinely thank you. By reading this, you've played the role of the fool. I no longer believe many of the things I have written and I appreciate you taking the time to see the perspective of someone in darkness. I know some will judge me and that's okay. It hurts because I feel terrible for what I've done and believed. I hope I can become an understanding person and play the role of fool a little more. In all, I apologize for any insults and for being an asshole. You all deserve better from me. I hope you have a really really great day. I would like to end this book a bumpersticker:

Don't sleep with knives, they'll cut you. When you have a wet dream, search for its meaning. Learn to tread water, for adversity is promised. Run a mile and learn to do it well. Stop touching yourself and leave the dogs alone. Lastly, if you don't change anything, then it's guaranteed that anything will change in you.

Cheers,

Cyprus Kananen